Boone County,
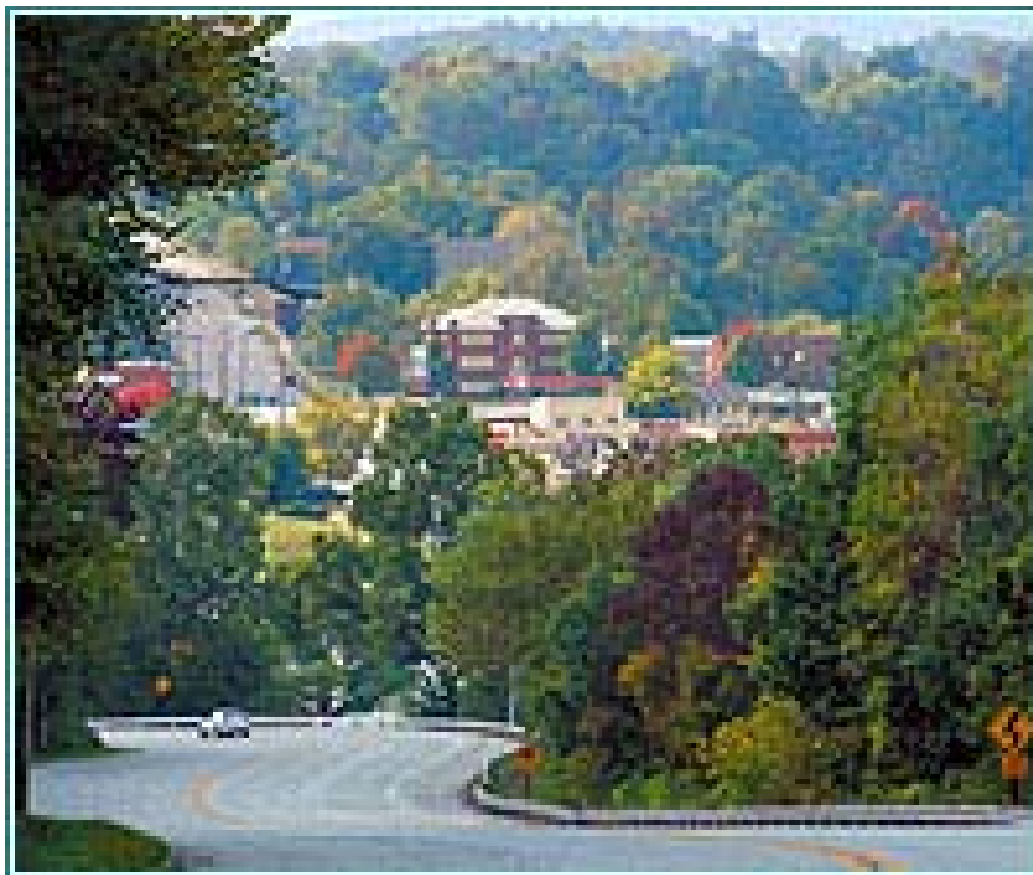## 2002 County Adult Health Survey

BRFSS

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Coordinated by:
Boone County HHI
and
Arkansas Department of Health

Center for Health Statistics

Boone County, 2002

County Adult Health Survey

(Behavioral Risk Factor Surveillance System)
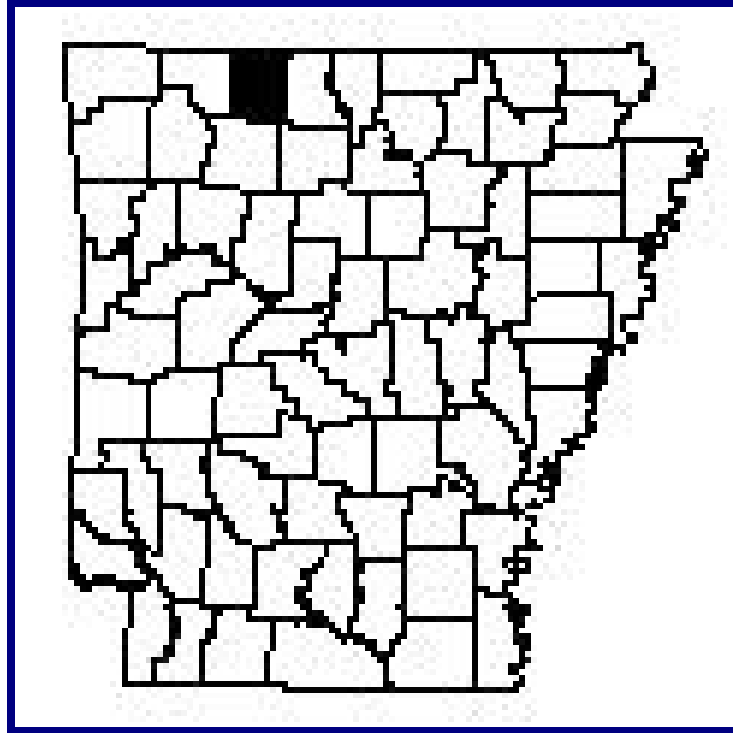
October 2008

For more information about the Boone County
2002 County Adult Health Survey

Interested parties may request additional information from the following person:

Boone County
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Boone County Health Unit
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For more information about the Boone County, County Adult Health Survey, the BRFSS, or analysis of the survey data, please contact:

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Women's Health

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Boone County
2002 County Adult Health Survey

Introduction

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What is the County Adult Health Survey?

The national focus on improving the health of American citizens has also become a major focus for local communities.[1] As a result, health related data are needed by state, county, and local agencies for developing health-promotion programs and to efficiently target health dollars. The **County Adult Health Survey** is an instrument used by **Hometown Health Improvement** to collect, evaluate, and monitor personal risk behaviors that affect the health of adults in Arkansas communities. The survey uses questions from the **Behavioral Risk Factor Surveillance System** survey (BRFSS), developed by the Centers for Disease Control.[2]

What is Hometown Health Improvement?

Hometown Health Improvement is a grassroots initiative that stresses cooperative action and creative solutions at the local level to identify community health problems and to develop and implement ways to solve them.

This goal is accomplished through cooperation, coalition building, community health assessment, prioritization of health issues, and the development and implementation of health-improving strategies designed and sustained locally.

As part of this initiative, Boone County conducted the County Adult Health Survey using questions from the Behavioral Risk Factor Surveillance System (BRFSS).

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[1] Centers for Disease Control and Prevention. Healthy People 2010. Atlanta, Georgia. http://www.healthypeople.gov

[2] Centers for Disease Control and Prevention. About BRFSS. Atlanta, Georgia. http://www.cdc.gov/nccdphp/brfss/about.htm

What is the BRFSS?

The BRFSS is a survey developed to help states collect and monitor state level information on health conditions and the major risk behaviors that can affect the health of their adults. It was developed in the 1980s by the Centers for Disease Control and Prevention after research indicated that personal health behaviors play an important role in premature death and illness. Primarily, the survey focuses on behaviors that are linked to the leading causes of death (heart disease, cancer, stroke, diabetes and injury) and other important health issues. The specific behaviors included in the survey are the following:

- Not getting enough physical activity
- Being overweight
- Not using seatbelts
- Using tobacco and alcohol
- Not getting preventive medical care (e.g. flu shots, mammograms, Pap smears, colorectal exams) that can save lives.

How is the BRFSS used?

State and local health departments in all 50 states rely heavily on BRFSS data to do the following:

- Determine priority health issues and identify populations at highest risk.
- Develop strategic plans and target prevention programs.
- Monitor the effectiveness of intervention strategies and progress toward prevention goals.
- Educate the public, the health community, and policymakers about disease prevention.
- Support community policies that promote health and prevent disease.

BRFSS information is also used by researchers, voluntary, organizations and professional managed care organizations to target prevention efforts. Recognizing the value of such a system in addressing priority health issues in the coming century; China, Canada, and other countries have looked to CDC for assistance in establishing BRFSS-like systems for their own populations.

The ability to determine which population groups have the greatest health risk factors is essential in effectively targeting scarce prevention resources. BRFSS data can be analyzed by a variety of demographic and economic variables such as age, education, income, and racial and ethnic background, to determine which populations are at highest risk in a community.

How did Boone County conduct the County Adult Health Survey?

During December 2002, a telephone survey of 915 randomly selected adults in Boone County was conducted. Telephone interviews were carried out and supervised by trained telephone research interviewers at the University of Arkansas at Little Rock's Institute of Government.
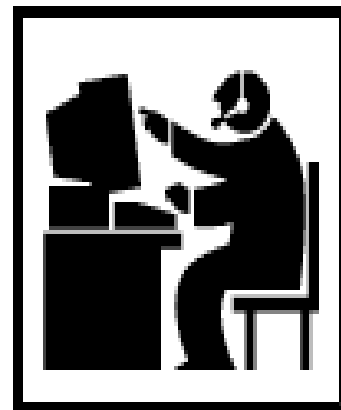
What is in this report?

This report presents data from the 2002 county adult health surveys. Please note that the 2002 data reported in this report may be a few percentage points different from the original 2002 survey results. This is due to a change in population weights. The original 2002 data published in 2002 was based on 2000 census data; 2002 county adult health survey data published in this report are based on 2002 census data. The raw 2002 data remains unchanged.

Who participated in the 2002 Boone County Adult Health Surveys?

Of the 915 people who were interviewed, 347 were men and 568 were women. The following chart summarizes the demographics of the survey participants as both raw numbers and as weighted data. The raw data is the data collected from the sample of persons interviewed. The weighted data is the collected survey data (raw data) that has been adjusted to represent the population from which the sample was drawn.

All other data presented in the report is based on the **weighted** data. All percentages presented in this report are rounded to the nearest whole percent.

Table 1: Survey demographics

Variables	Categories	Raw Data (%)	Weighted Data (%)
Age	18-39	29	37
	40-64	44	41
	65+	27	22
Education	< HS Education	13	12
	HS Graduate	68	69
	College Graduate	19	19
Income	< $20,000	29	25
	$20,000-$50,000	52	54
	> $50,000	20	21
Gender	Male	38	48
	Female	62	52
Race	White	98	99
	Non-White	2	1

Who participated in the 2002 Boone County Adult Health Survey?

Figure 1: Survey demographics, by race
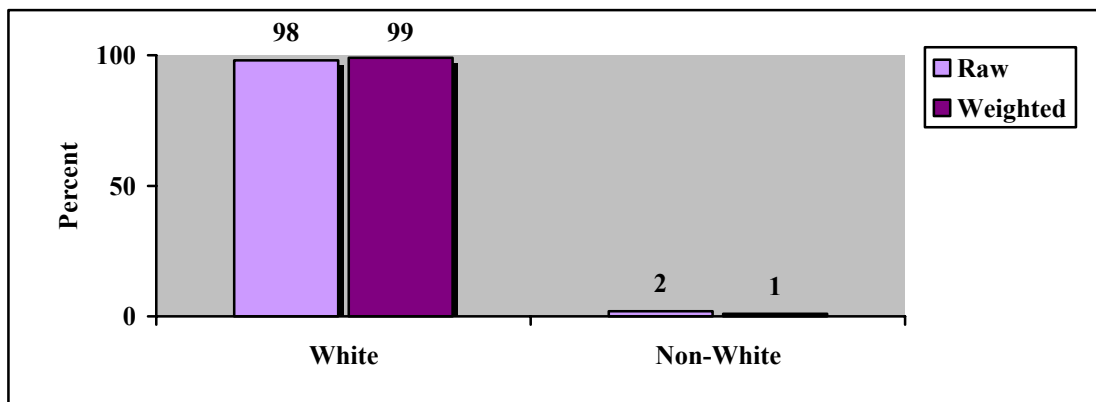
Figure 2: Survey demographics, by gender
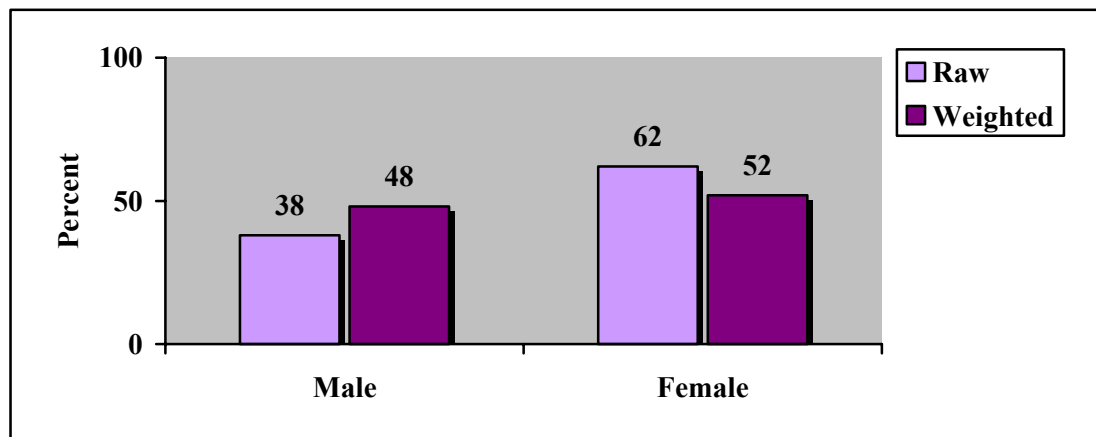
Who participated in the 2002 Boone County Adult Health Survey?
(continued)

Figure 3: Survey demographics, by age
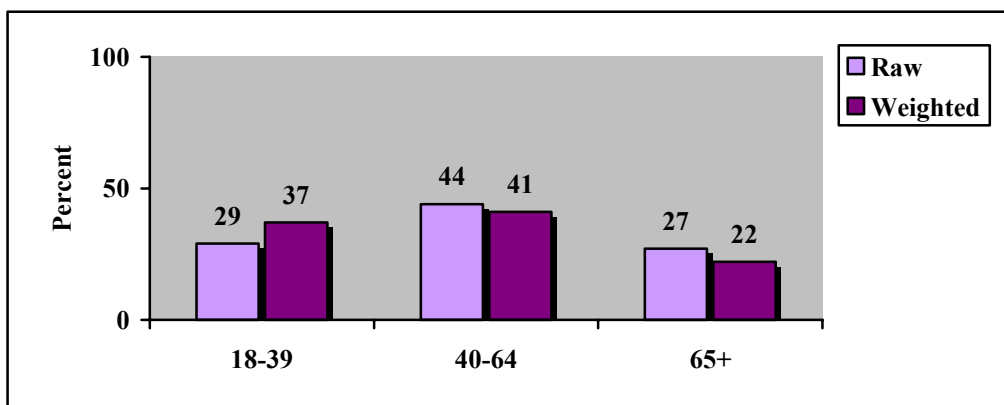
Figure 4: Survey demographics, by education
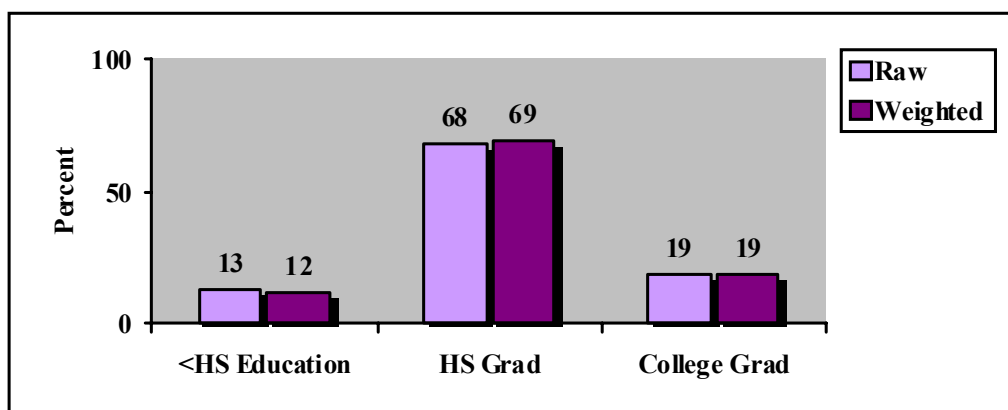
Figure 5: Survey demographics, by income
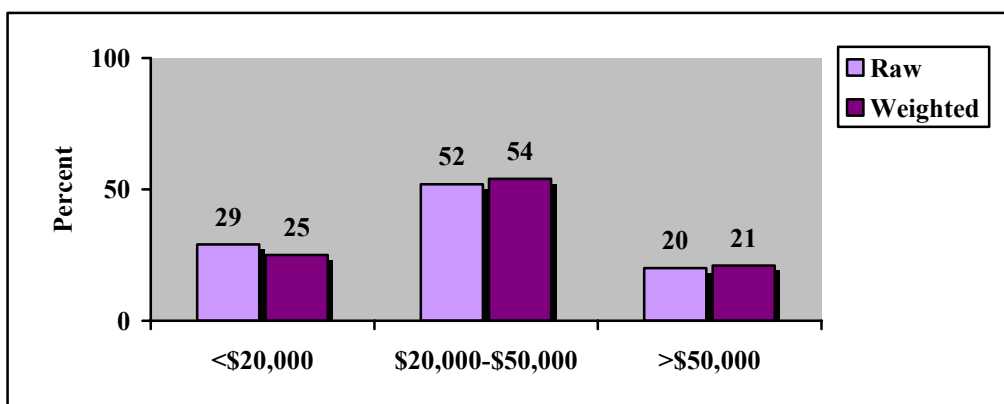
Risk Factors

How to interpret Boone County Adult Health Survey results

The prevalence rates shown in this report were calculated from a sample of the Boone County population. To control for the uncertainty in using sample data, 95% confidence intervals (CI) were calculated for each prevalence estimate. This value indicates that users of the data can be 95% confident that the prevalence rate for the true population falls within the calculated range. Small confidence intervals indicate more precise estimates of the true population rates, and large confidence intervals indicate less precise estimates.

For example, the table below shows the number of adults in Apple County that currently chew tobacco. The confidence interval is 11.1 to 13.5; 1 percentage point below and 1 percentage point above the prevalence of 12.4%. This suggests that there is a 95% chance that the prevalence estimate for the true or total population falls within 11.1 and 13.5 and close to the estimate of 12.4%.

	Current use of chew tobacco
%	12.40
CI	(11.1-13.5)
n	630

Health Status

The survey asked respondents to rate their general, physical, and mental health status. Perceived health status is an important indicator of functionality and health-related quality of life. It assesses health issues that are not measured by standard morbidity and mortality data.

General Health

Risk Factor Definition: General health "fair" or "poor"

Question: Would you say that your general health is "excellent," "very good," "good," "fair," or "poor?"

At risk: Those who answered "fair" or "poor" are considered at risk.

Who is at risk in Boone County?

- **Twenty-three percent (23%)** of adults in Boone County reported their general health as fair or poor.

Table 1: General health status

	Excellent, Very Good, or Good Health	Fair or Poor Health
%	77	23
CI	(74.2-80.1)	(19.9-25.8)
n	906	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: General health status

Question: **Would you say that your general health is "excellent," "very good," "good," "fair," or "poor?"**

Table 2: General health status, by race and gender

		Excellent, Very Good, or Good Health	Fair or Poor Health
Race			
White	**%**	**77**	**23**
	CI	(74.1-80.1)	(19.9-25.9)
	n	886	
Non-White	**%**	**83**	**17**
	CI	(63.6-100.0)	(0.0-36.4)
	n	14	
Gender			
Female	**%**	**75**	**25**
	CI	(71.2-79.0)	(21.0-28.8)
	n	562	
Male	**%**	**79**	**21**
	CI	(74.9-83.9)	(16.1-25.1)
	n	344	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 2: Percentage of respondents who reported fair or poor general health, by race and gender
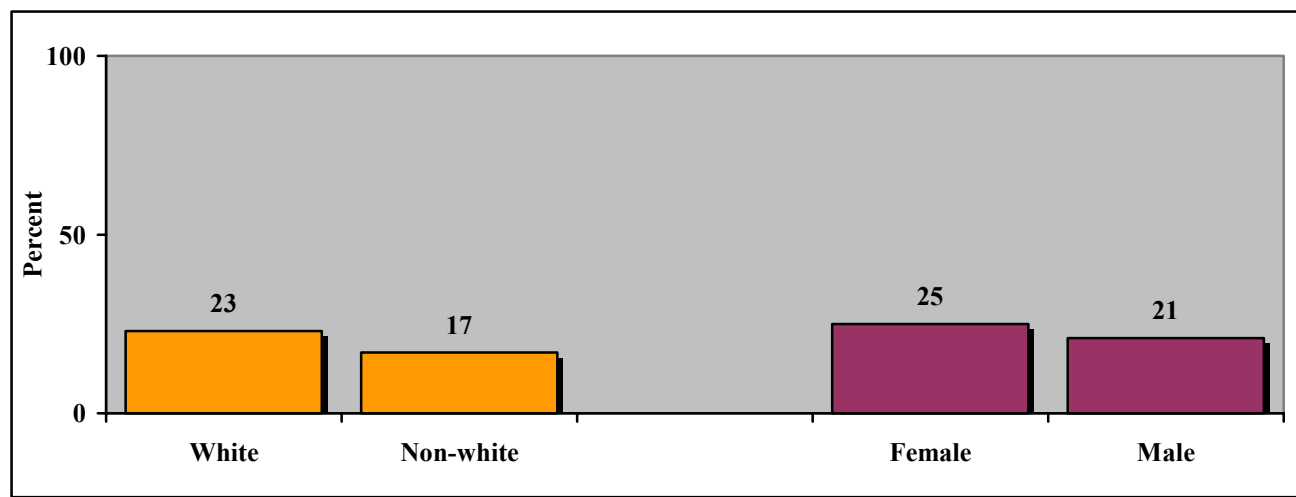
Health Status (continued)

Table 3: General health status, by age, education, and income

		Excellent, Very Good, or Good Health	Fair or Poor Health
Age			
18-39	%	88	12
	CI	(83.4-91.8)	(8.2-16.6)
	n	263	
40-64	%	77	23
	CI	(72.4-81.7)	(18.3-27.6)
	n	395	
65+	%	60	40
	CI	(53.5-66.9)	(33.1-46.5)
	n	244	
Education			
< High School Education	%	54	46
	CI	(44.5-64.3)	(35.7-55.5)
	n	117	
High School Graduate	%	78	22
	CI	(74.2-81.4)	(18.6-25.8)
	n	613	
College Graduate	%	90	10
	CI	(85.1-94.7)	(5.3-14.9)
	n	172	
Income			
<$20,000	%	56	44
	CI	(48.1-63.5)	(36.5-51.9)
	n	216	
$20,000-$50,000	%	82	18
	CI	(78.0-86.2)	(13.8-22.0)
	n	392	
>$50,000	%	98	2
	CI	(95.2-100.0)	(0.0-4.8)
	n	149	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Health Status (continued)

Question: Would you say that your general health is "excellent," "very good,"
"good," "fair," or "poor?"

Risk Factor Definition: General health "fair" or "poor"

Figure 3: Percentage of respondents who reported fair or poor general health, by age, education, and income
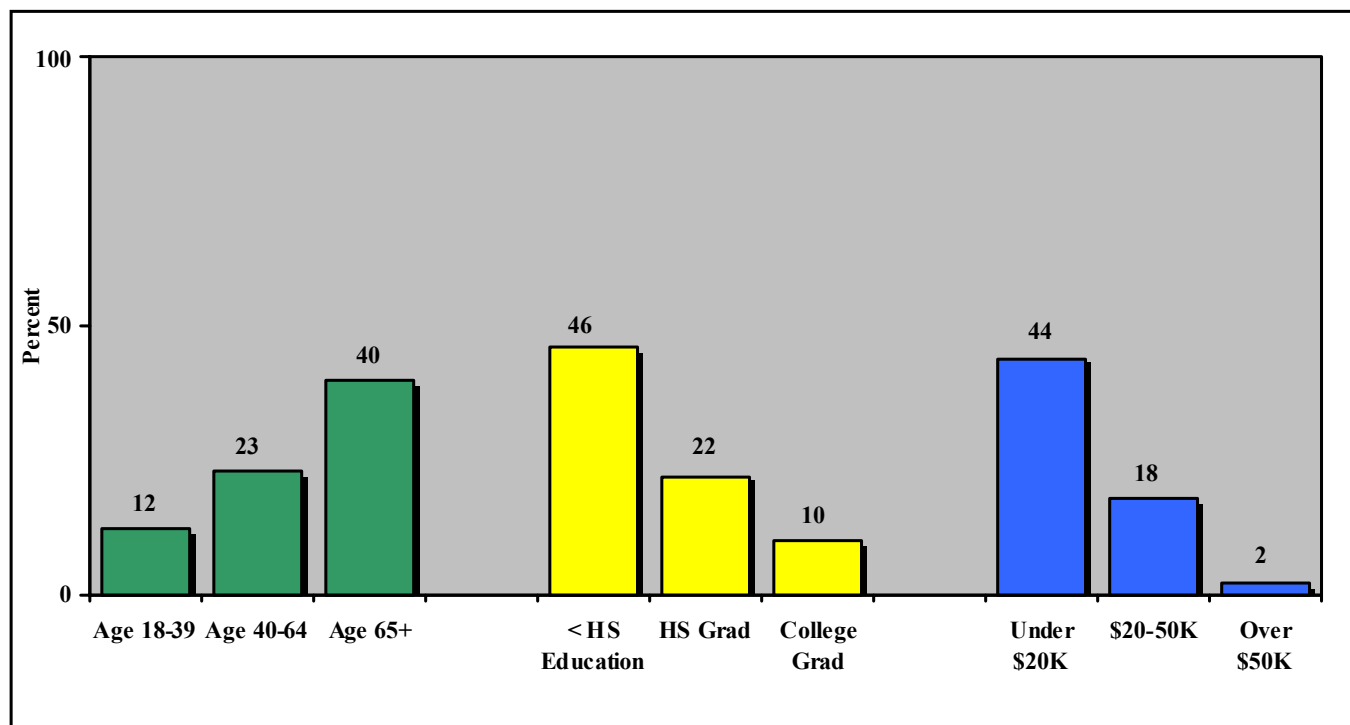
Health Status (continued)

Physical Health

Risk Factor Definition: Physical health "not good"

Question: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

At risk: Having one or more self-reported days of "not good" physical health.

Who is at risk in Boone County?

- **Thirty-six percent (36%)** of Boone County adults had at least one day when physical health was not good during the month preceding the survey.

Table 4: Physical health status

	Physical health good	Physical health not good one day or more
%	**64**	**36**
CI	(60.5-67.5)	(32.5-39.5)
n	884	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 4: Physical health status
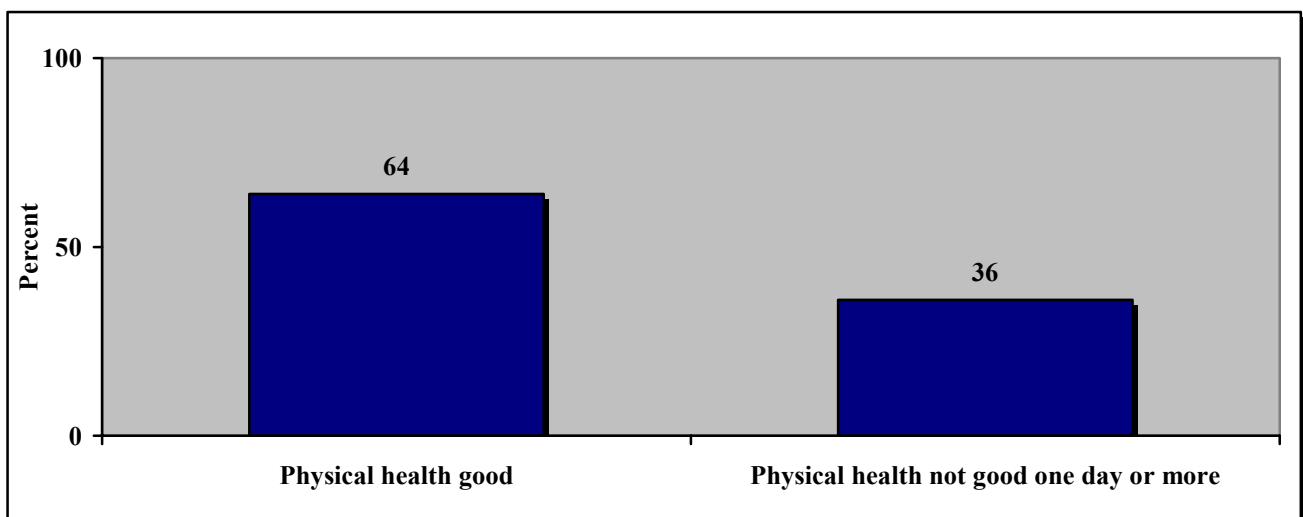
Health Status (continued)

Question: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

Table 5: Physical health status, by race and gender

		Physical health good	Physical health not good one day or more
Race			
White	**%**	64	36
	CI	(60.3-67.5)	(32.5-39.7)
	n	866	
Non-White	**%**	69	31
	CI	(43.8-93.4)	(6.6-56.2)
	n	14	
Gender			
Female	**%**	60	40
	CI	(55.1-64.3)	(35.7-44.9)
	n	547	
Male	**%**	69	31
	CI	(63.3-74.0)	(26.0-36.7)
	n	337	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 5: Percentage of respondents who reported physical health not good on one or more of the thirty days preceding the survey, by race and gender
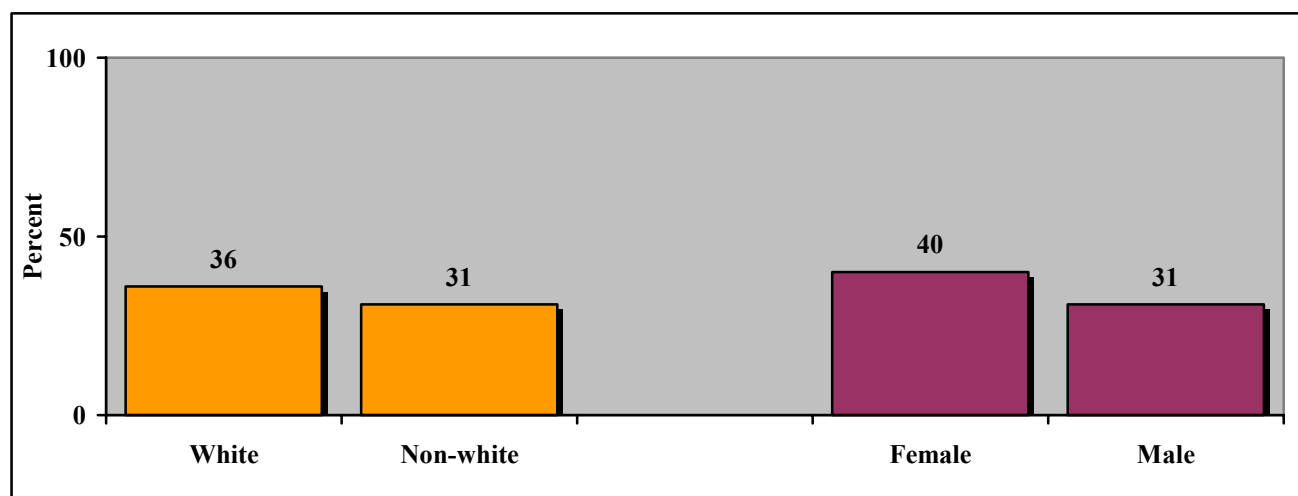
Table 6: Physical health status, by age, education, and income

		Physical health good	Physical health not good one day or more
Age			
18-39	**%**	70	30
	CI	(64.5-76.4)	(23.6-35.5)
	n	260	
40-64	**%**	62	38
	CI	(56.9-67.6)	(32.4-43.1)
	n	388	
65+	**%**	56	44
	CI	(49.3-63.4)	(36.6-50.7)
	n	232	
Education			
< High School Education	**%**	55	45
	CI	(44.7-65.4)	(34.6-55.3)
	n	108	
High School Graduate	**%**	65	35
	CI	(60.4-68.9)	(31.1-39.6)
	n	601	
College Graduate	**%**	67	33
	CI	(58.8-74.4)	(25.6-41.2)
	n	170	
Income			
<$20,000	**%**	50	50
	CI	(41.9-57.9)	(42.1-58.1)
	n	206	
$20,000-$50,000	**%**	65	35
	CI	(59.9-70.3)	(29.7-40.1)
	n	389	
>$50,000	**%**	75	25
	CI	(67.6-82.0)	(18.0-32.4)
	n	148	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Health Status (continued)

Question: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

Risk Factor Definition: Physical health "not good"

Figure 6: Percentage of respondents who reported physical health not good on one or more of the thirty days preceding the survey, by age, education, and income
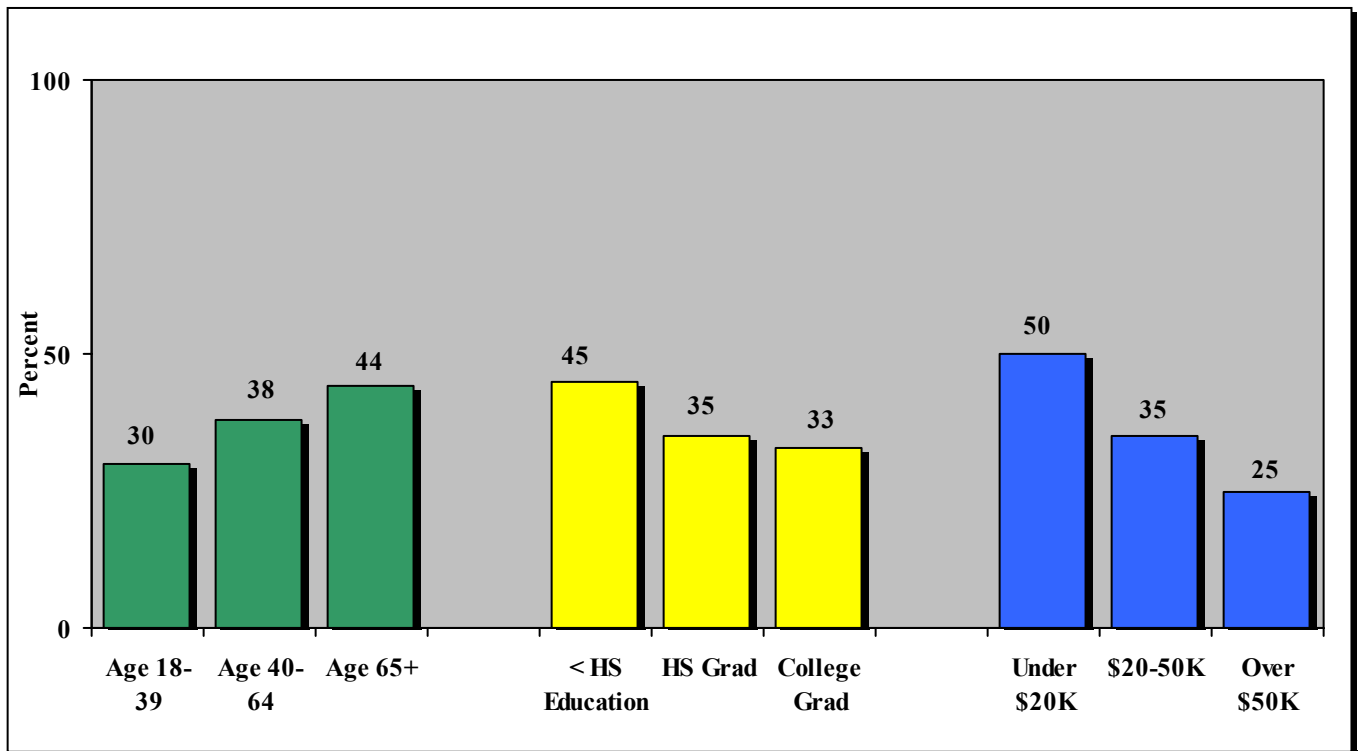
Mental Health

Mental health includes stress, depression, and problems with emotions.

Risk Factor Definition: Mental health "not good"

Question: How many days during the past 30 days was your mental health not good?

At Risk: Having one or more self-reported days of "not good" mental health.

Who is at risk in Boone County?

- **Twenty-seven percent (27%)** of adults in Boone County had at least one day of poor mental health in the past month.

Table 7: Mental health status

	Mental health good	Mental health not good one day or more
%	**73**	**27**
CI	(69.9-76.4)	(23.6-30.1)
n	886	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 7: Mental health status
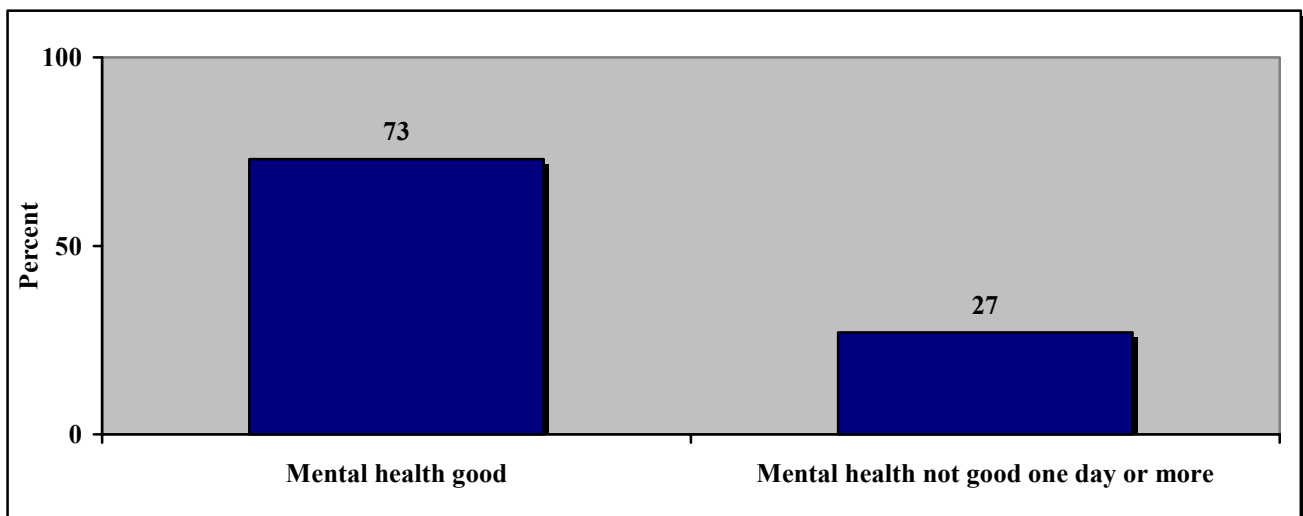
Health Status (continued)

Question: How many days during the past 30 days was your mental health not good?

Table 8: Mental health status, by race and gender

		Mental health good	Mental health not good one day or more
Race			
White	%	73	27
	CI	(70.0-76.6)	(23.4-30.0)
	n	869	
Non-White	%	75	25
	CI	(51.6-98.0)	(2.0-48.4)
	n	14	
Gender			
Female	%	67	33
	CI	(63.1-71.9)	(28.1-36.9)
	n	553	
Male	%	80	20
	CI	(74.8-84.3)	(15.7-25.2)
	n	333	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 8: Percentage of respondents who reported mental health not good on one or more of the thirty days preceding the survey, by race and gender
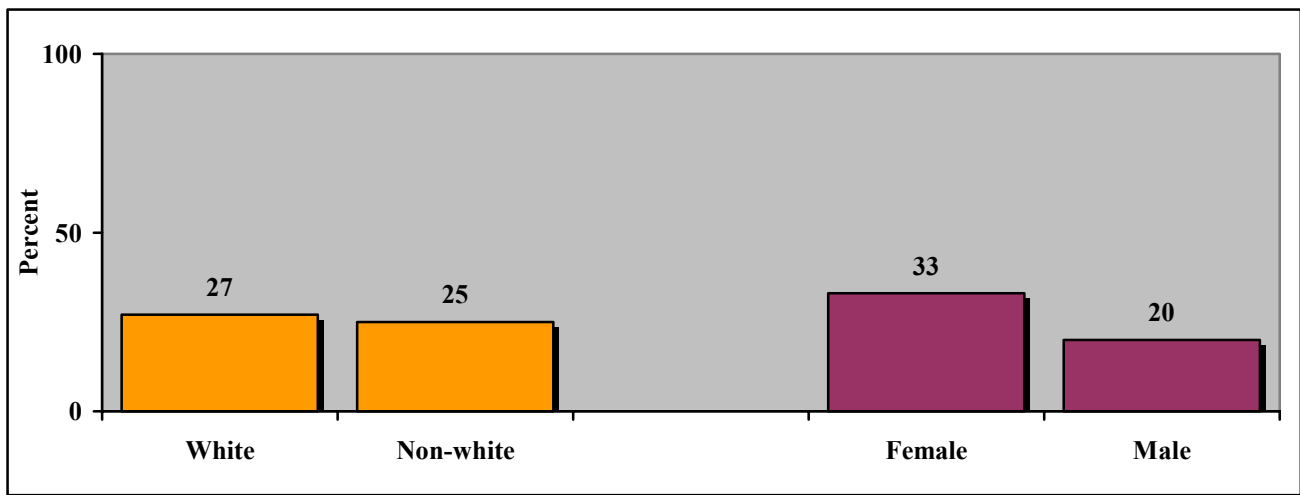
Table 9: Mental health status, by age, education, and income

		Mental health good	Mental health not good one day or more
Age			
18-39	**%**	**68**	**32**
	CI	(62.2-74.4)	(25.6-37.8)
	n	258	
40-64	**%**	**70**	**30**
	CI	(64.8-74.9)	(25.1-35.2)
	n	391	
65+	**%**	**89**	**11**
	CI	(84.3-92.9)	(7.1-15.7)
	n	233	
Education			
< High School Education	**%**	**72**	**28**
	CI	(63.2-81.6)	(18.4-36.8)
	n	112	
High School Graduate	**%**	**73**	**27**
	CI	(68.9-77.0)	(23.0-31.1)
	n	602	
College Graduate	**%**	**75**	**25**
	CI	(67.8-81.6)	(18.4-32.2)
	n	169	
Income			
<$20,000	**%**	**70**	**30**
	CI	(62.8-76.6)	(23.4-37.2)
	n	213	
$20,000-$50,000	**%**	**73**	**27**
	CI	(68.3-78.2)	(21.8-31.7)
	n	381	
>$50,000	**%**	**72**	**28**
	CI	(64.8-79.9)	(20.1-35.2)
	n	146	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Health Status (continued)

Question: How many days during the past 30 days was your mental health not good?

Risk Factor Definition: Mental health "not good"

Figure 9: Respondents who reported mental health not good on one or more of the thirty days preceding the survey, by age, education, and income
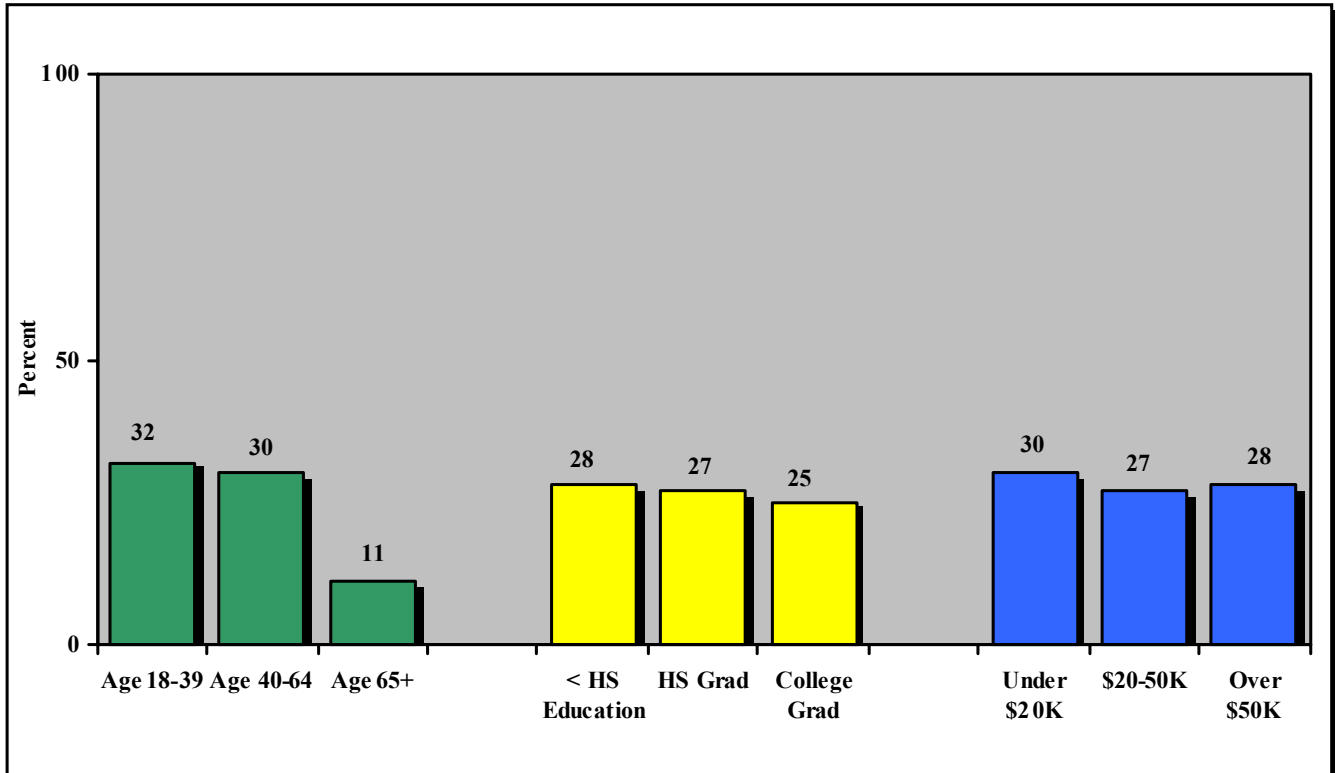
Health Care Access

The survey asked if respondents had health insurance. Health insurance provides better access to health care. Those with health insurance are more likely to have a primary care physician to receive appropriate preventative care.

Risk Factor Definition: No health care coverage

Question: Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?

At Risk: Those who answered "no" are considered at risk.

Who is at risk in Boone County?

- **Eighteen percent (18%)** of adults in Boone County reported that they did not have health care coverage.

Table 1: Health care coverage

	Health care coverage	No health care coverage
%	**82**	**18**
CI	(79.3-85.1)	(14.9-20.7)
n	912	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: Health care coverage
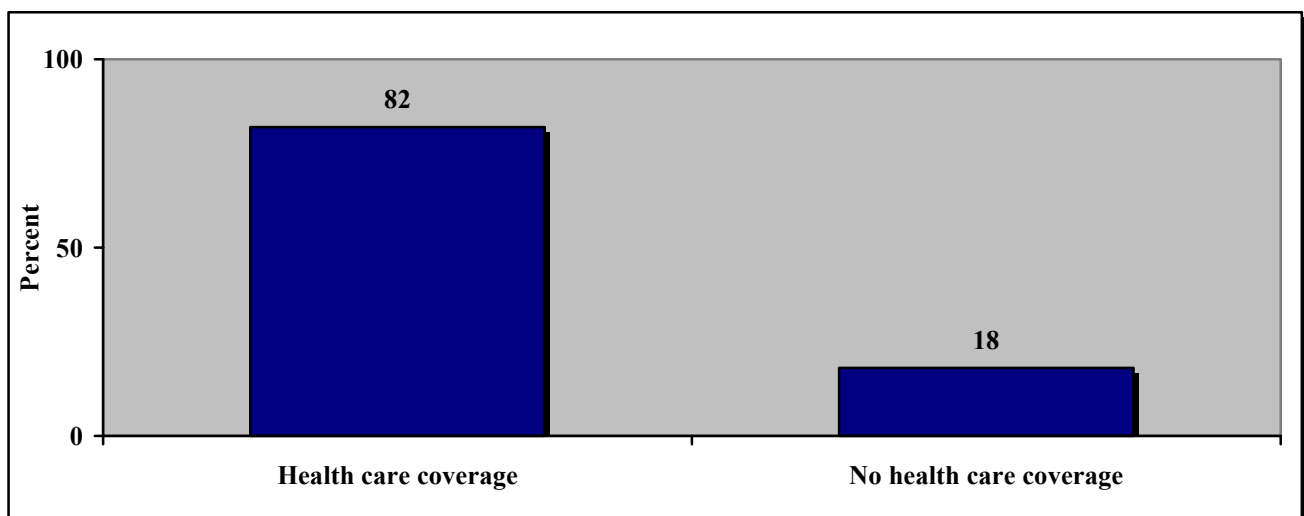
Health Care Access (continued)

Question: Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?

Table 2: Health care coverage

		Health care coverage	No health care coverage
Race			
White	%	82	18
	CI	(79.2-85.1)	(14.9-20.8)
	n	892	
Non-White	%	79	21
	CI	(57.2-100.0)	(0.0-42.8)
	n	14	
Gender			
Female	%	85	15
	CI	(81.6-88.0)	(12.0-18.4)
	n	566	
Male	%	79	21
	CI	(74.4-84.2)	(15.8-25.6)
	n	346	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 2: Percentage of respondents who reported no health care coverage, by race and gender
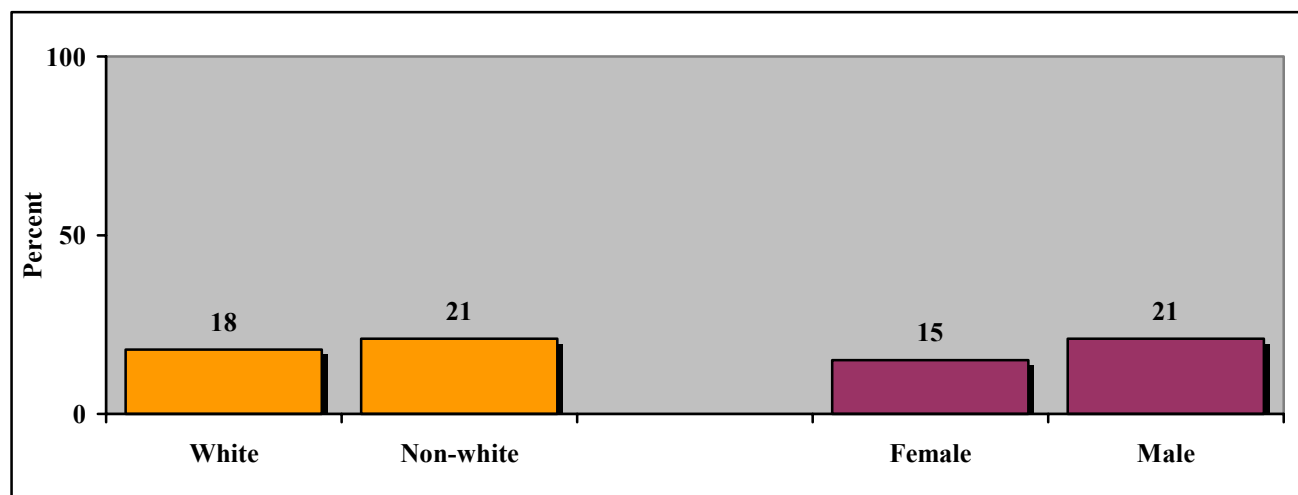
Table 3: Health care coverage, by age, education, and income

		Health care coverage	No health care coverage
Age			
18-39	**%**	75	25
	CI	(68.8-80.4)	(19.6-31.2)
	n	264	
40-64	**%**	82	18
	CI	(77.7-86.2)	(13.8-22.3)
	n	397	
65+	**%**	95	5
	CI	(92.4-98.3)	(1.7-7.6)
	n	247	
Education			
< High School Education	**%**	70	30
	CI	(60.9-79.7)	(20.3-39.1)
	n	119	
High School Graduate	**%**	81	19
	CI	(77.1-84.5)	(15.5-22.9)
	n	616	
College Graduate	**%**	94	6
	CI	(90.8-97.9)	(2.1-9.2)
	n	172	
Income			
<$20,000	**%**	64	36
	CI	(56.6-71.9)	(28.0-43.4)
	n	220	
$20,000-$50,000	**%**	85	15
	CI	(80.5-88.6)	(11.4-19.5)
	n	393	
>$50,000	**%**	96	4
	CI	(92.3-98.8)	(1.2-7.7)
	n	149	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Health Care Access (continued)

Question: Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?

Risk Factor Definition: No health care coverage

Figure 3: Percentage of respondents who reported no health care coverage, by age, education, and income
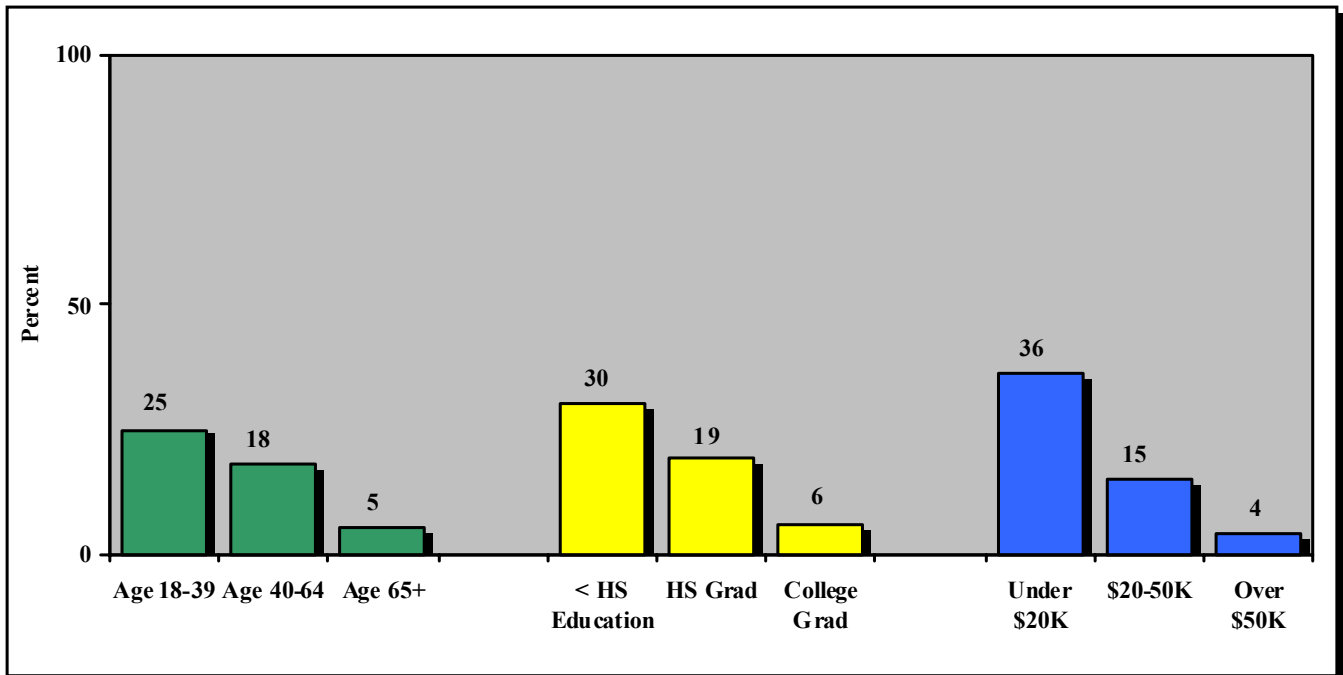
Hypertension

Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure, or kidney failure.

Risk Factor Definition: Have high blood pressure (hypertension)

Questions: Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?

At Risk: Those who answered "yes" are considered at risk.
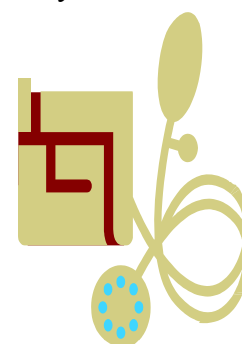
Who is at risk in Boone County?

- **Twenty-eight (28%)** of adults in Boone County reported that they had been given a hypertension diagnosis by a doctor.

Table 1: High blood pressure (hypertension)

	No high blood pressure	**Have high blood pressure**
%	**72**	**28**
CI	(69.0-75.3)	(24.7-31.0)
n	914	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: High blood pressure (hypertension)
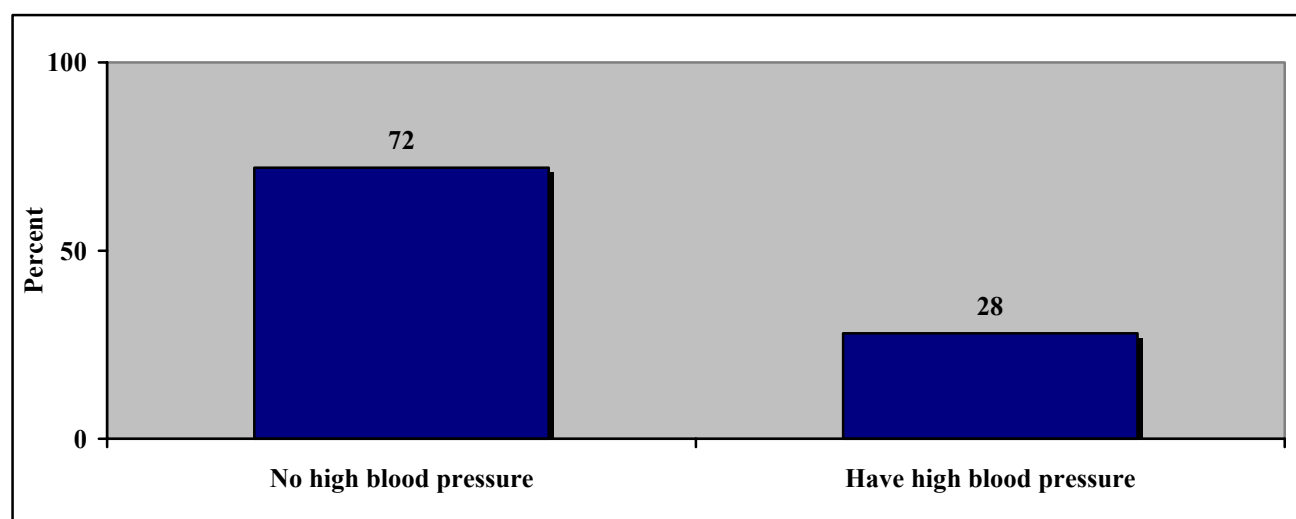
Hypertension (continued)

Question: Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?

Table 2: High blood pressure

		No high blood pressure	Have high blood pressure
Race			
White	%	72	28
	CI	(68.6-75.0)	(25.0-31.4)
	n	894	
Non-White	%	88	12
	CI	(70.0-100.0)	(0.0-30.0)
	n	14	
Gender			
Female	%	71	29
	CI	(66.6-74.5)	(25.5-33.4)
	n	568	
Male	%	74	26
	CI	(68.9-78.8)	(21.2-31.1)
	n	346	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 2: Percentage of respondents who reported that they had been given a hypertension diagnosis by a doctor, nurse, or other health professional, by race and gender
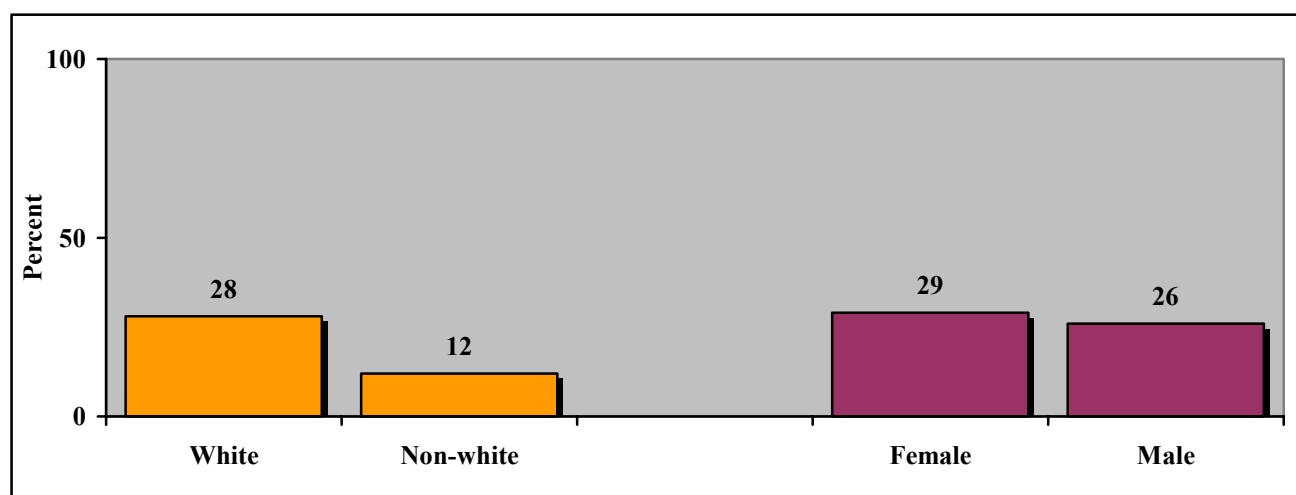
Table 3: High blood pressure (hypertension), by age, education, and income

		No high blood pressure	Have high blood pressure
Age			
18-39	%	91	9
	CI	(87.4-94.4)	(5.6-12.6)
	n	264	
40-64	%	70	30
	CI	(64.4-74.6)	(25.4-35.6)
	n	398	
65+	%	46	54
	CI	(39.0-52.7)	(47.3-61.0)
	n	247	
Education			
< High School Education	%	66	34
	CI	(57.4-75.5)	(24.5-42.6)
	n	120	
High School Graduate	%	71	29
	CI	(67.4-75.1)	(24.9-32.6)
	n	617	
College Graduate	%	80	20
	CI	(74.0-86.6)	(13.4-26.0)
	n	172	
Income			
<$20,000	%	57	43
	CI	(49.7-64.8)	(35.2-50.3)
	n	221	
$20,000-$50,000	%	75	25
	CI	(70.7-79.8)	(20.2-29.3)
	n	393	
>$50,000	%	81	19
	CI	(74.3-87.6)	(12.4-25.7)
	n	149	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Hypertension (continued)

Question: Have you ever been told by a doctor, nurse, or other health
professional that you have high blood pressure?

Risk Factor Definition: Have high blood pressure

Figure 3: Percentage of respondents who reported that they had been given a hypertension diagnosis by a doctor, nurse, or other health professional, by age, education, and income
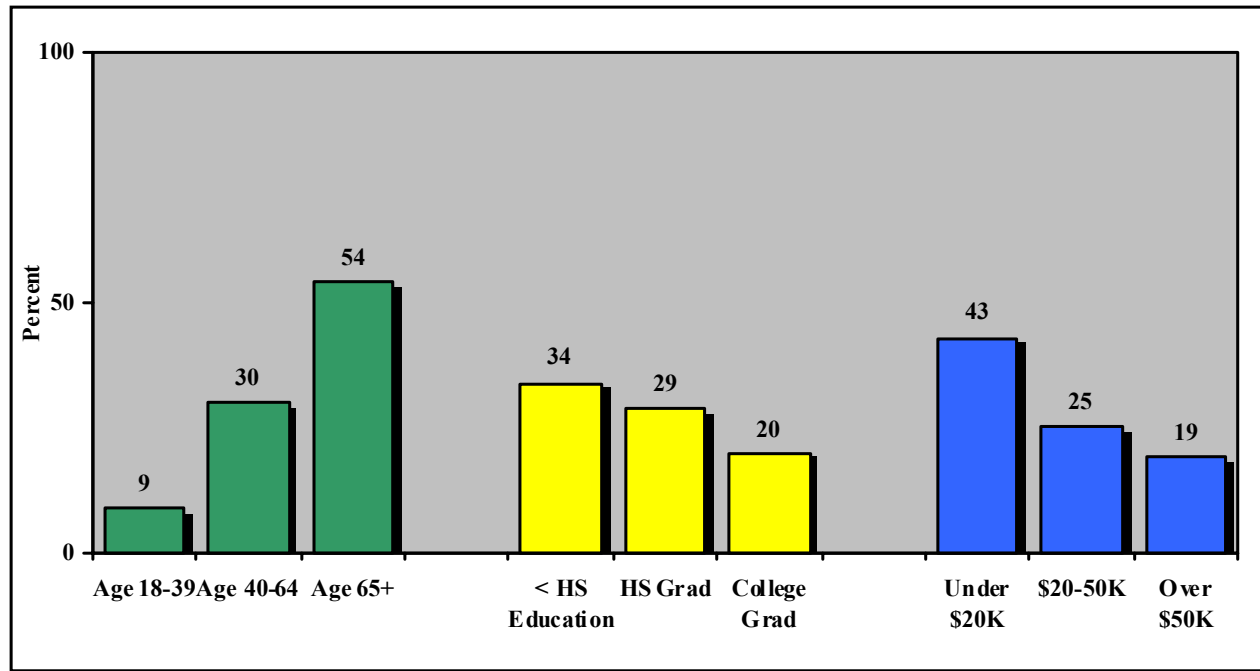
Asthma

Asthma is a chronic inflammatory disease of the airways that is characterized by wheezing, breathlessness, chest tightness, and coughing. Asthma is a serious and growing health problem. Severe asthma attacks often result in hospitalizations or emergency department visits.

Risk Factor Definition: Ever had asthma

Question: Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

At Risk: Those who said "yes" are considered at risk.

Who is at risk in Boone County?

- **Ten percent (10%)** of adults in reported an asthma diagnosis by a doctor, nurse or other health professional.

Table 1: Asthma

	No asthma	Ever had asthma
%	**90**	**10**
CI	(87.9-92.1)	(7.9-12.1)
n	914	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: Asthma
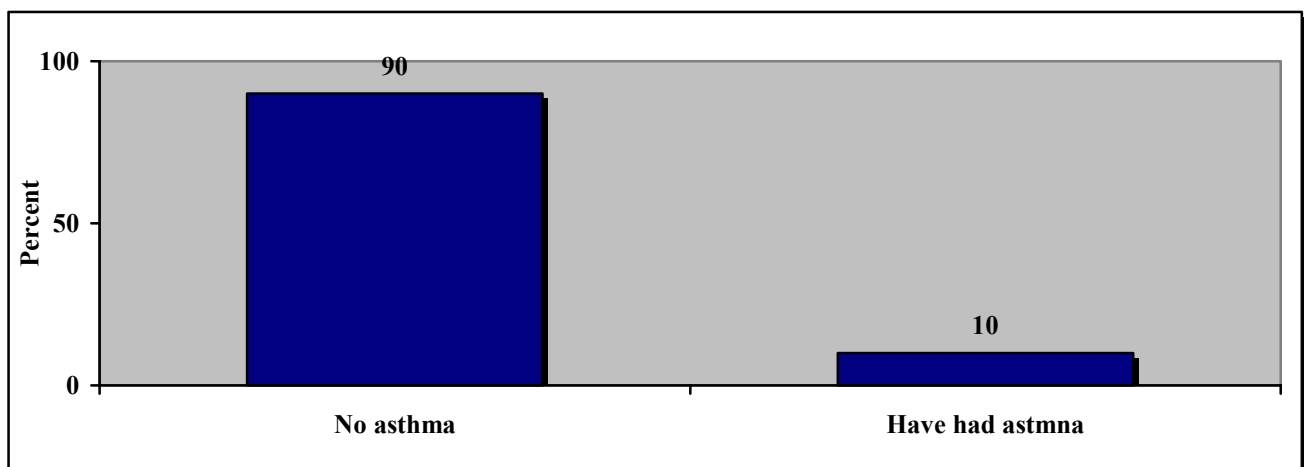
Asthma (continued)

Question: Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

Table 2: Asthma, by race and gender

		No asthma	Ever had asthma
Race			
White	%	90	10
	CI	(87.7-92.0)	(8.0-12.3)
	n	894	
Non-White	%	100	-
	CI	(100.0-100.0)	-
	n	14	
Gender			
Female	%	87	13
	CI	(83.9-90.2)	(9.8-16.0)
	n	568	
Male	%	93	7
	CI	(90.5-96.0)	(4.0-9.5)
	n	346	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 2: Percentage of respondents who reported an asthma diagnosis by a doctor, nurse or other health professional, by race and gender
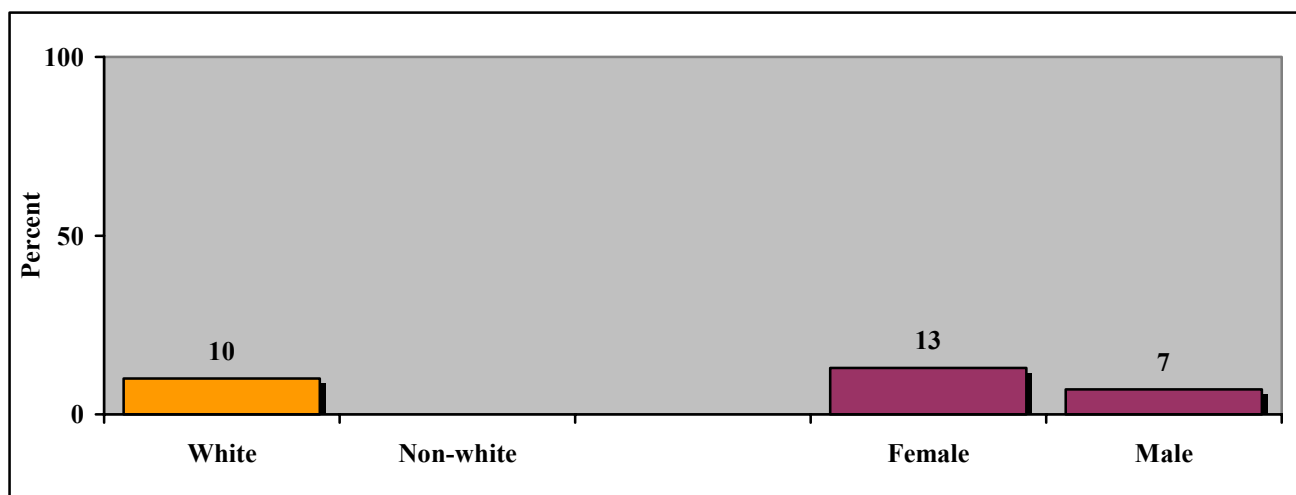
Asthma (continued)

Table 3: Asthma by age, education, and income

		No asthma	Ever had asthma
Age			
18-39	%	91	9
	CI	(87.9-94.8)	(5.2-12.1)
	n	264	
40-64	%	90	10
	CI	(86.9-93.4)	(6.6-13.1)
	n	398	
65+	%	88	12
	CI	(82.9-92.4)	(7.6-17.1)
	n	247	
Education			
< High School Education	%	81	19
	CI	(73.6-88.9)	(11.1-26.4)
	n	120	
High School Graduate	%	91	9
	CI	(88.0-93.1)	(6.9-12.0)
	n	617	
College Graduate	%	93	7
	CI	(89.6-97.4)	(2.6-10.4)
	n	172	
Income			
<$20,000	%	86	14
	CI	(81.1-91.4)	(8.6-18.9)
	n	221	
$20,000-$50,000	%	91	9
	CI	(88.1-94.1)	(5.9-11.9)
	n	393	
>$50,000	%	93	7
	CI	(88.3-96.9)	(3.1-11.7)
	n	149	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Asthma (continued)

Question: Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

Risk Factor Definition: Ever had asthma

Figure 3: Percentage of respondents who reported an asthma diagnosis by a doctor, nurse or other health professional, by age, education, and income
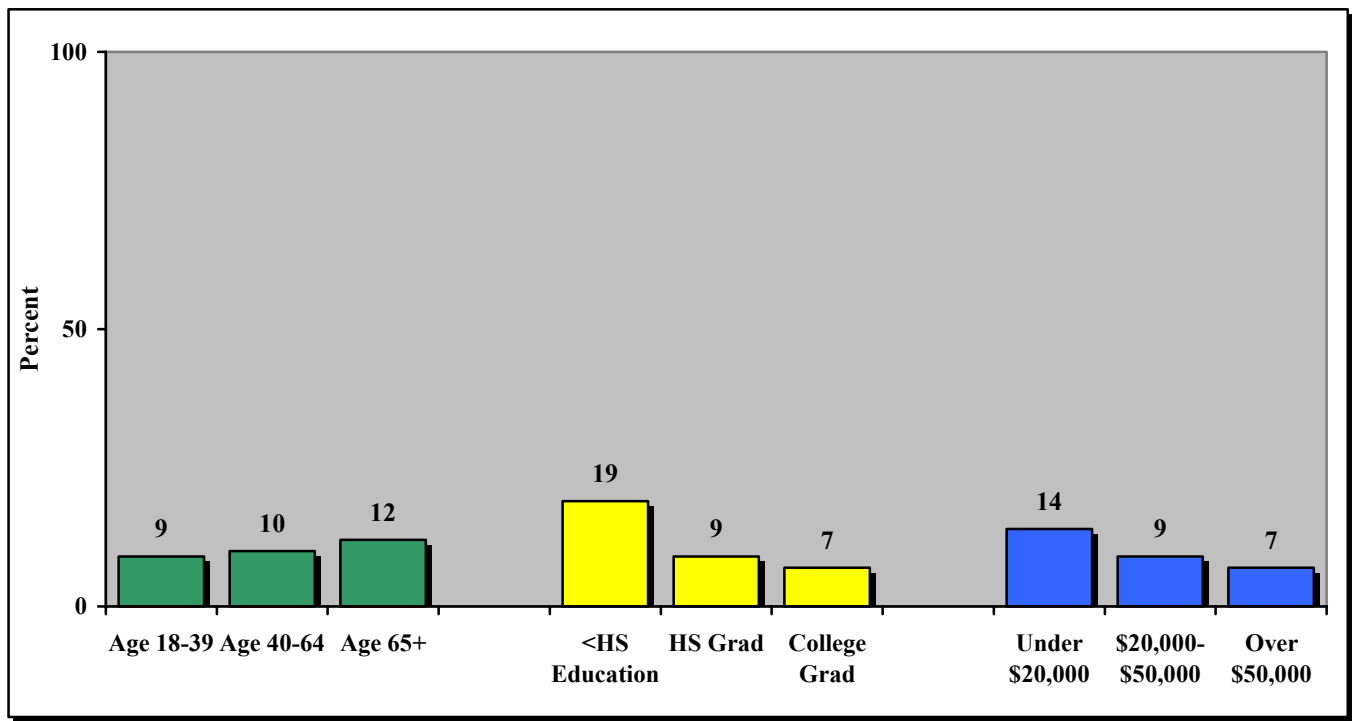
Diabetes

Diabetes is a disease in which blood glucose levels are above normal. Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputation.

Risk Factor Definition: Have diabetes

Question: Have you ever been told by a doctor that you have diabetes?

At Risk: Those who answered "yes" are considered at risk.

Who is at risk in Boone County?

- **Ten percent (10%)** of Boone County adults reported a diabetes diagnosis by a doctor.

Table 1: Diabetes

	No diabetes	Ever had diabetes
%	**90**	**10**
CI	(87.7-92.1)	(7.9-12.3)
n	915	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: Diabetes
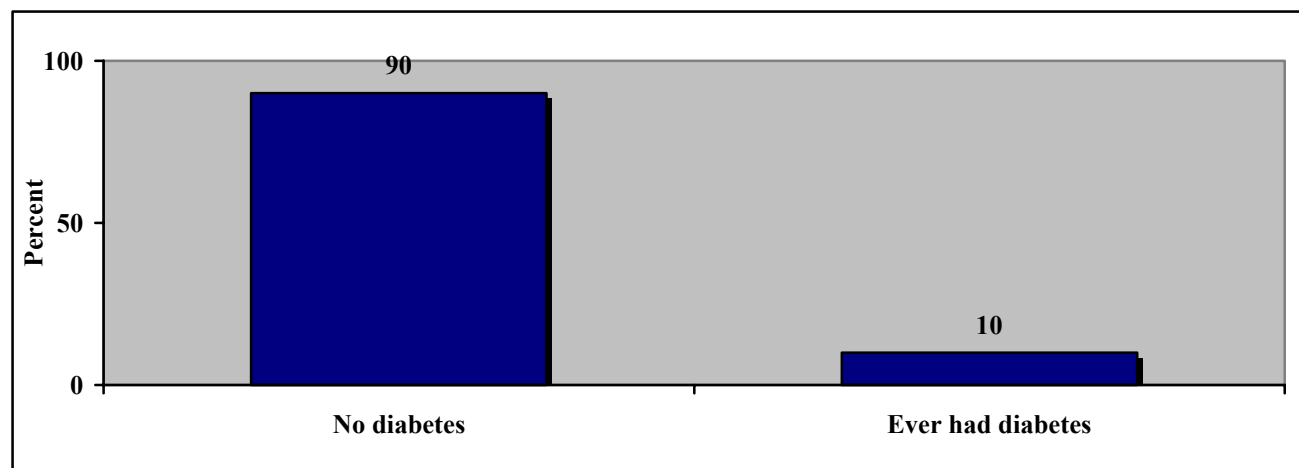
Diabetes (continued)

Question: **Have you ever been told by a doctor that you have diabetes?**

Table 2: Diabetes, by race and gender

		No diabetes	Ever had diabetes
Race			
White	**%**	**90**	**10**
	CI	(87.6-92.1)	(7.9-12.4)
	n	895	
Non-White	**%**	**97**	**3**
	CI	(91.8-100.0)	(0.0-8.2)
	n	14	
Gender			
Female	**%**	**91**	**9**
	CI	(88.5-93.6)	(6.3-11.5)
	n	568	
Male	**%**	**89**	**11**
	CI	(84.9-92.2)	(7.8-15.1)
	n	347	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 2: Percentage of respondents who reported a diabetes diagnosis by a doctor, by race and gender
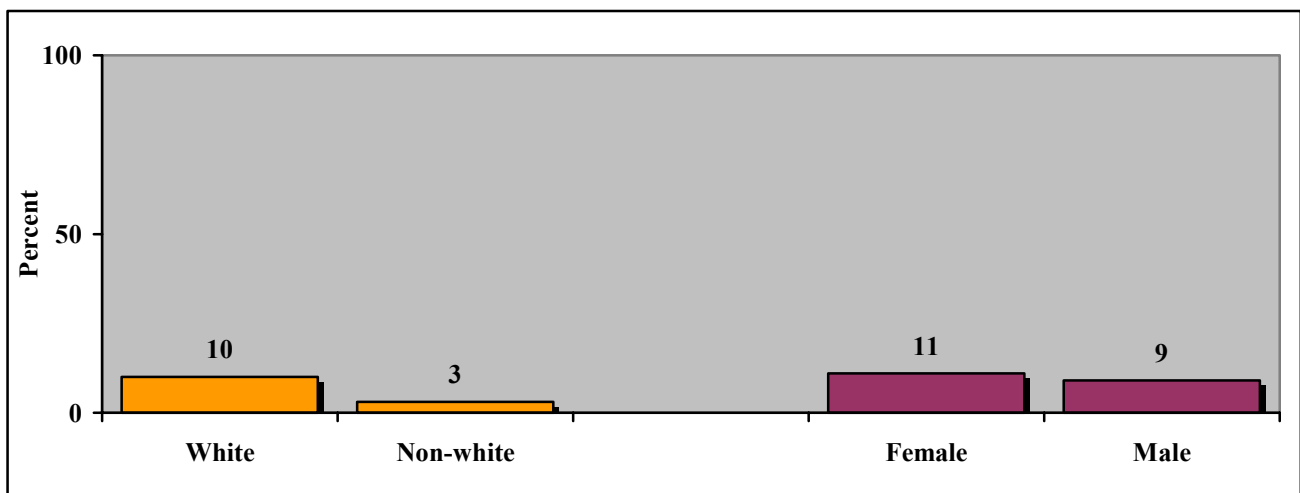
Diabetes (continued)

Table 3: Diabetes by age, education, and income

<table>
<thead>
<tr><th colspan="2"></th><th>No diabetes</th><th>Ever had diabetes</th></tr>
</thead>
<tbody>
<tr><td colspan="4">Age</td></tr>
<tr><td rowspan="3">18-39</td><td>%</td><td>98</td><td>2</td></tr>
<tr><td>CI</td><td>(95.8-99.6)</td><td>(0.4-4.1)</td></tr>
<tr><td>n</td><td colspan="2">264</td></tr>
<tr><td rowspan="3">40-64</td><td>%</td><td>88</td><td>12</td></tr>
<tr><td>CI</td><td>(83.7-91.6)</td><td>(8.4-16.3)</td></tr>
<tr><td>n</td><td colspan="2">398</td></tr>
<tr><td rowspan="3">65+</td><td>%</td><td>81</td><td>19</td></tr>
<tr><td>CI</td><td>(75.5-86.2)</td><td>(13.8-24.5)</td></tr>
<tr><td>n</td><td colspan="2">248</td></tr>
<tr><td colspan="4">Education</td></tr>
<tr><td rowspan="3">< High School Education</td><td>%</td><td>84</td><td>16</td></tr>
<tr><td>CI</td><td>(77.6-91.2)</td><td>(8.8-22.4)</td></tr>
<tr><td>n</td><td colspan="2">121</td></tr>
<tr><td rowspan="3">High School Graduate</td><td>%</td><td>89</td><td>10</td></tr>
<tr><td>CI</td><td>(86.7-92.2)</td><td>(7.8-13.3)</td></tr>
<tr><td>n</td><td colspan="2">617</td></tr>
<tr><td rowspan="3">College Graduate</td><td>%</td><td>95</td><td>5</td></tr>
<tr><td>CI</td><td>(91.0-98.5)</td><td>(1.5-9.0)</td></tr>
<tr><td>n</td><td colspan="2">172</td></tr>
<tr><td colspan="4">Income</td></tr>
<tr><td rowspan="3"><$20,000</td><td>%</td><td>84</td><td>16</td></tr>
<tr><td>CI</td><td>(78.3-90.1)</td><td>(9.9-21.7)</td></tr>
<tr><td>n</td><td colspan="2">221</td></tr>
<tr><td rowspan="3">$20,000-$50,000</td><td>%</td><td>92</td><td>8</td></tr>
<tr><td>CI</td><td>(88.5-94.5)</td><td>(5.4-11.5)</td></tr>
<tr><td>n</td><td colspan="2">393</td></tr>
<tr><td rowspan="3">>$50,000</td><td>%</td><td>97</td><td>3</td></tr>
<tr><td>CI</td><td>(94.2-100.0)</td><td>(0.0-5.8)</td></tr>
<tr><td>n</td><td colspan="2">149</td></tr>
</tbody>
</table>

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Diabetes (continued)

Question: Have you ever been told by a doctor that you have diabetes?

Risk Factor Definition: Ever had diabetes

Figure 3: Percentage of respondents who reported a diabetes diagnosis by a doctor, by age, education, and income
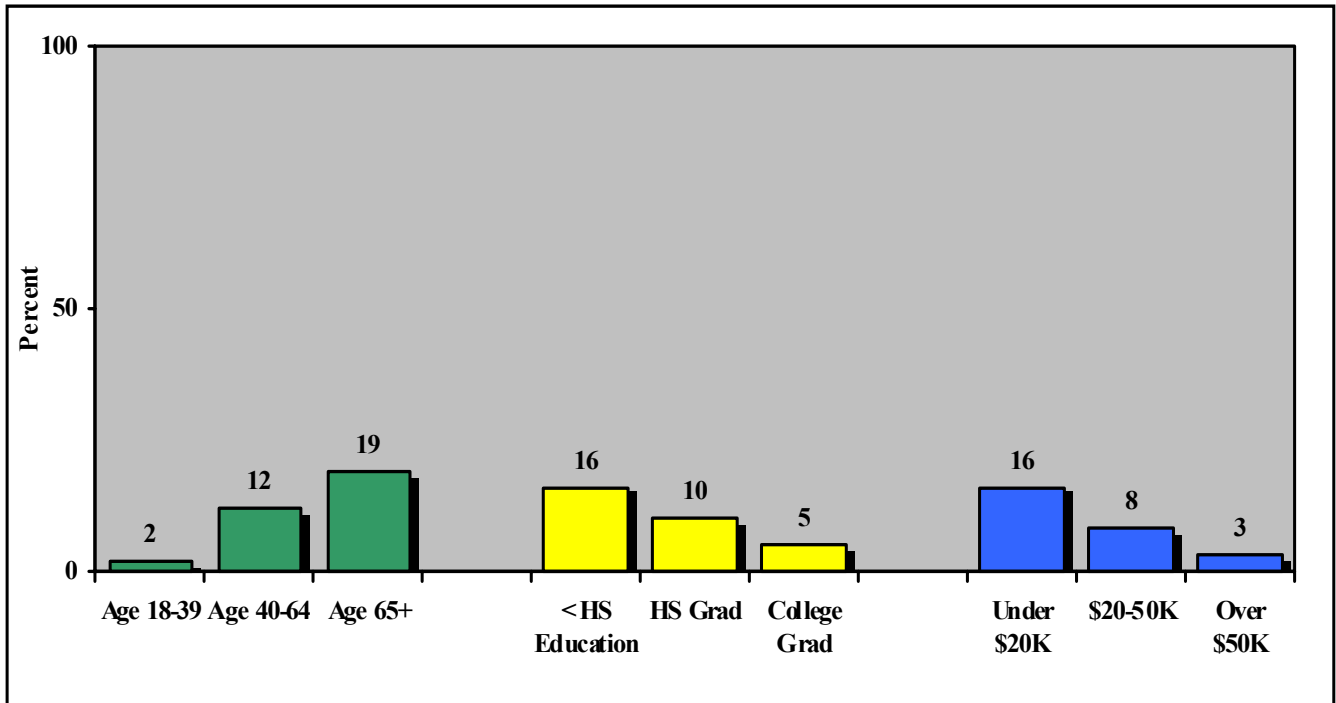
Arthritis

Arthritis is the leading cause of disability in the nation. Arthritis limits everyday activities and adversely affects physical and mental health. The term arthritis encompasses over 100 different conditions affecting the joints and muscles.

Diagnosed with Arthritis

Risk Factor Definition: Ever had arthritis

Question: Have you ever been told by a doctor that you have arthritis?

At Risk: Those who answered "yes" are considered at risk.

Who is at risk in Boone County?

- **Thirty percent (30%)** of Boone County adults reported an arthritis diagnosis by a doctor.

Table 1: Arthritis

|	No arthritis	Ever had arthritis
%	**70**	**30**
CI	(66.3-72.8)	(27.2-33.7)
n	913	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: Arthritis
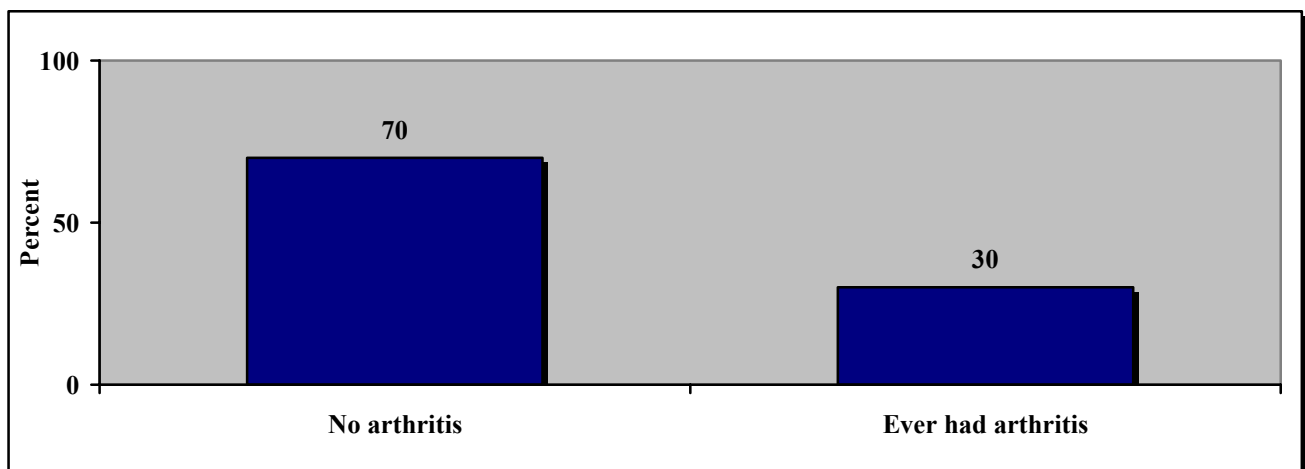
Arthritis (continued)

Question: Have you ever been told by a doctor that you have arthritis?

Table 2: Arthritis, by race and gender

		No arthritis	Ever had arthritis
Race			
White	**%**	**69**	**31**
	CI	(66.2-72.7)	(27.3-33.8)
	n	893	
Non-White	**%**	**88**	**12**
	CI	(73.1-100.0)	(0.0-26.9)
	n	14	
Gender			
Female	**%**	**66**	**34**
	CI	(61.5-70.0)	(30.0-38.5)
	n	567	
Male	**%**	**74**	**26**
	CI	(68.8-78.6)	(21.4-31.2)
	n	346	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 2: Percentage of respondents who reported an arthritis diagnosis by a doctor, by race and gender
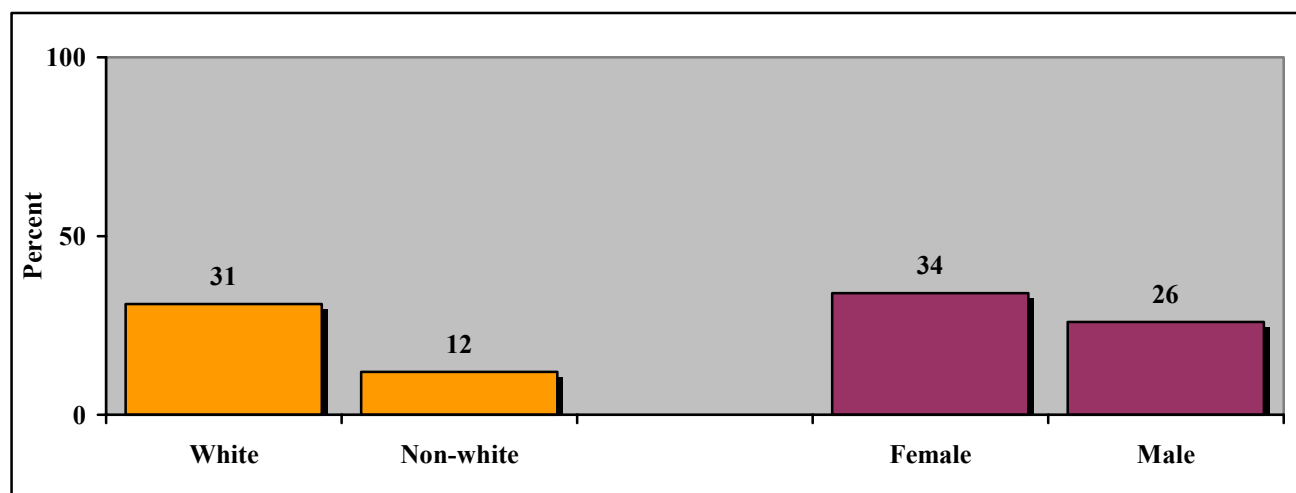
Arthritis (continued)

Table 3: Arthritis by age, education, and income

		No arthritis	Ever had arthritis
Age			
18-39	%	91	9
	CI	(87.4-94.7)	(5.3-12.6)
	n	263	
40-64	%	62	38
	CI	(56.8-67.4)	(32.6-43.2)
	n	398	
65+	%	48	52
	CI	(41.3-55.0)	(45.0-58.7)
	n	247	
Education			
< High School Education	%	57	43
	CI	(47.3-66.5)	(33.5-52.7)
	n	120	
High School Graduate	%	70	30
	CI	(66.5-74.3)	(25.7-33.5)
	n	616	
College Graduate	%	75	25
	CI	(68.3-82.4)	(17.6-31.7)
	n	172	
Income			
<$20,000	%	61	39
	CI	(53.9-68.5)	(31.5-46.1)
	n	219	
$20,000-$50,000	%	70	30
	CI	(65.3-75.1)	(24.9-34.7)
	n	393	
>$50,000	%	79	21
	CI	(72.9-86.0)	(14.0-27.1)
	n	149	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Arthritis (continued)

Question: Have you ever been told by a doctor that you have arthritis?

Risk Factor Definition: Ever had arthritis

Figure 3: Percentage of respondents who reported an arthritis diagnosis by a doctor, by age, education, and income
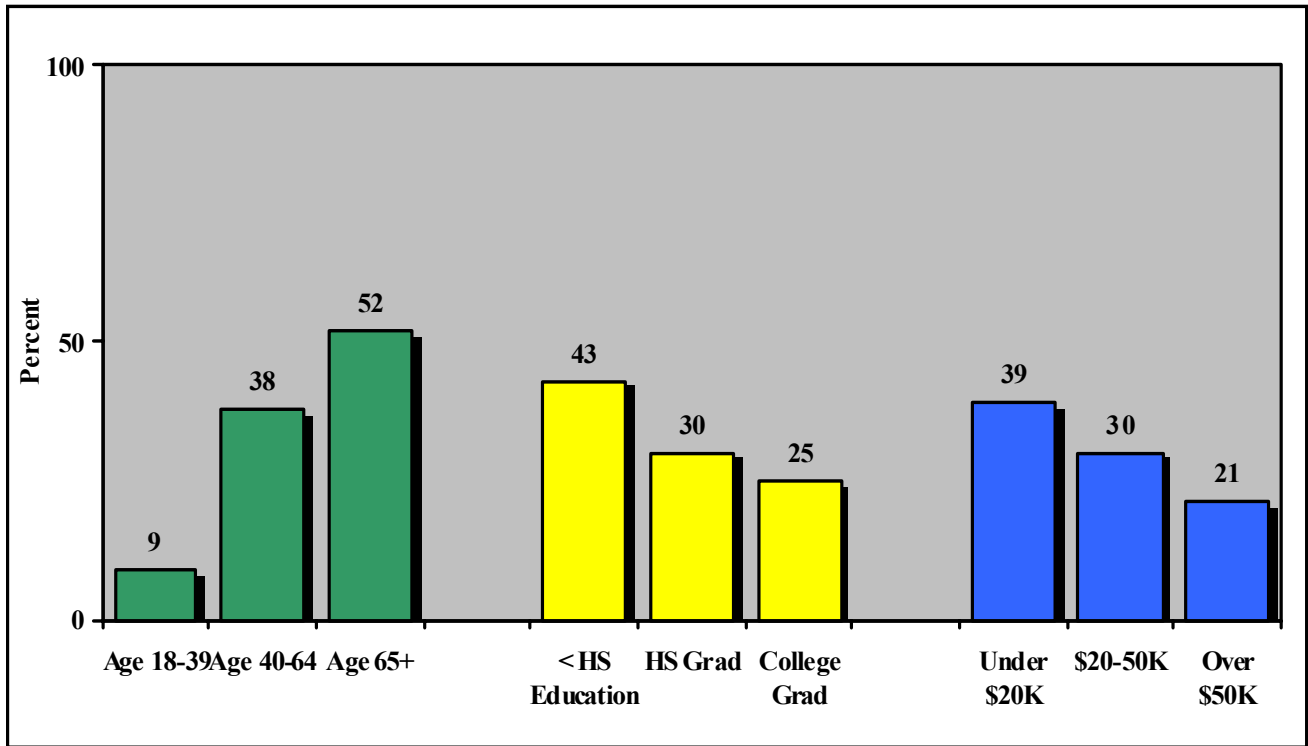
Arthritis (continued)

Activity Limitations

Risk Factor Definition: Have activity limitations due to joint symptoms

Question: Are you now limited in any way in any activities because of joint symptoms?

At Risk: Those who answered "yes" are considered at risk.

Who is at risk in Boone County?

- **Thirty-two percent (32%)** of Boone County adults reported a limitation in activities due to joint symptoms.

Table 4 Activity limitations

|	**No activity limitations**	**Have activity limitations**
%	**68**	**32**
CI	(63.3-72.6)	(27.4-36.7)
n	469	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 4 Activity limitations
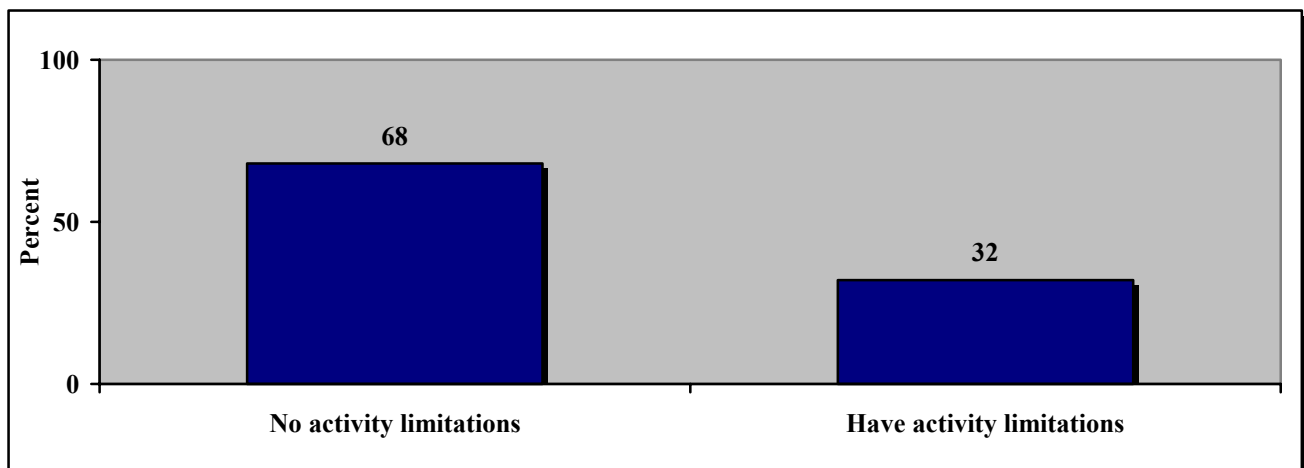
Arthritis (continued)

Question: **Are you now limited in any way in any activities because of joint symptoms?**

Table 5: Activity limitations, by race and gender

		No activity limitations	Have activity limitations
Race			
White	%	68	32
	CI	(63.5-72.9)	(27.1-36.5)
	n	461	
Non-White	%	54	46
	CI	(7.7-100.0)	(0.0-92.3)
	n	5	
Gender			
Female	%	64	36
	CI	(58.2-70.1)	(29.9-41.8)
	n	302	
Male	%	72	28
	CI	(64.9-79.4)	(20.6-35.1)
	n	167	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 5: Percentage of respondents who reported a limitation in activities due to joint symptoms, by race and gender
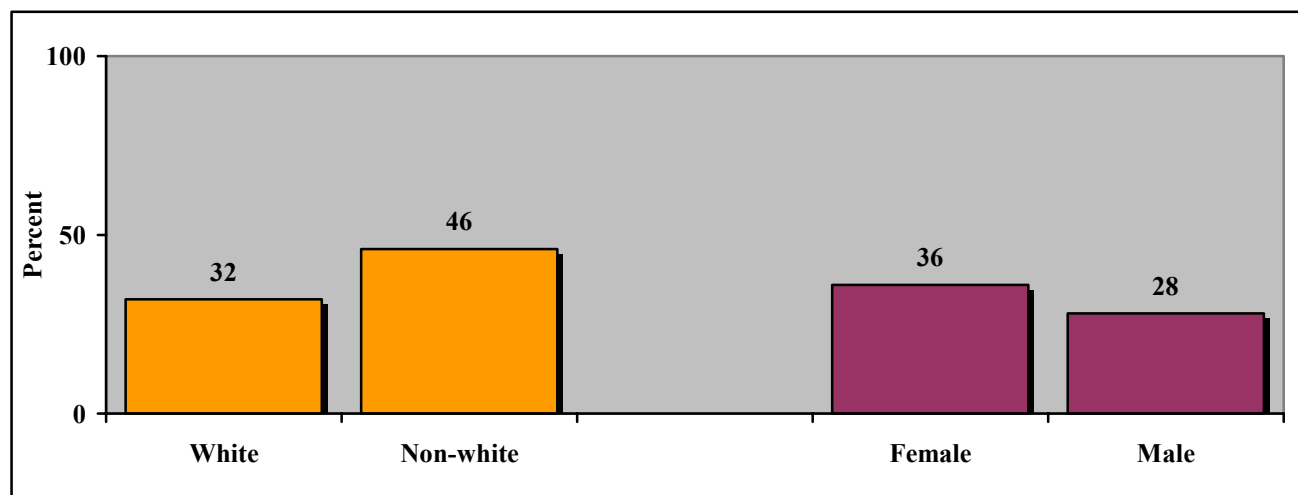
Arthritis (continued)

Table 6: Activity limitations by age, education, and income

		No activity limitations	Have activity limitations
Age			
18-39	%	82	18
	CI	(74.9-89.7)	(10.3-25.1)
	n	99	
40-64	%	67	33
	CI	(60.1-73.8)	(26.2-39.9)
	n	231	
65+	%	52	48
	CI	(43.1-61.6)	(38.4-56.9)
	n	136	
Education			
< High School Education	%	61	39
	CI	(48.3-73.4)	(26.6-51.7)
	n	71	
High School Graduate	%	66	34
	CI	(59.8-71.5)	(28.5-40.2)
	n	315	
College Graduate	%	82	18
	CI	(73.0-91.3)	(8.7-27.0)
	n	80	
Income			
<$20,000	%	40	60
	CI	(30.5-50.2)	(49.8-69.5)
	n	133	
$20,000-$50,000	%	79	21
	CI	(72.7-84.6)	(15.4-27.3)
	n	192	
>$50,000	%	81	19
	CI	(70.6-91.0)	(9.0-29.4)
	n	62	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Arthritis (continued)

Question: Are you now limited in any way in any activities because of joint symptoms?

Risk Factor Definition: Have activity limitations due to joint symptoms

Figure 6: Percentage of respondents who reported a limitation in activities due to joint symptoms, by age, education, and income
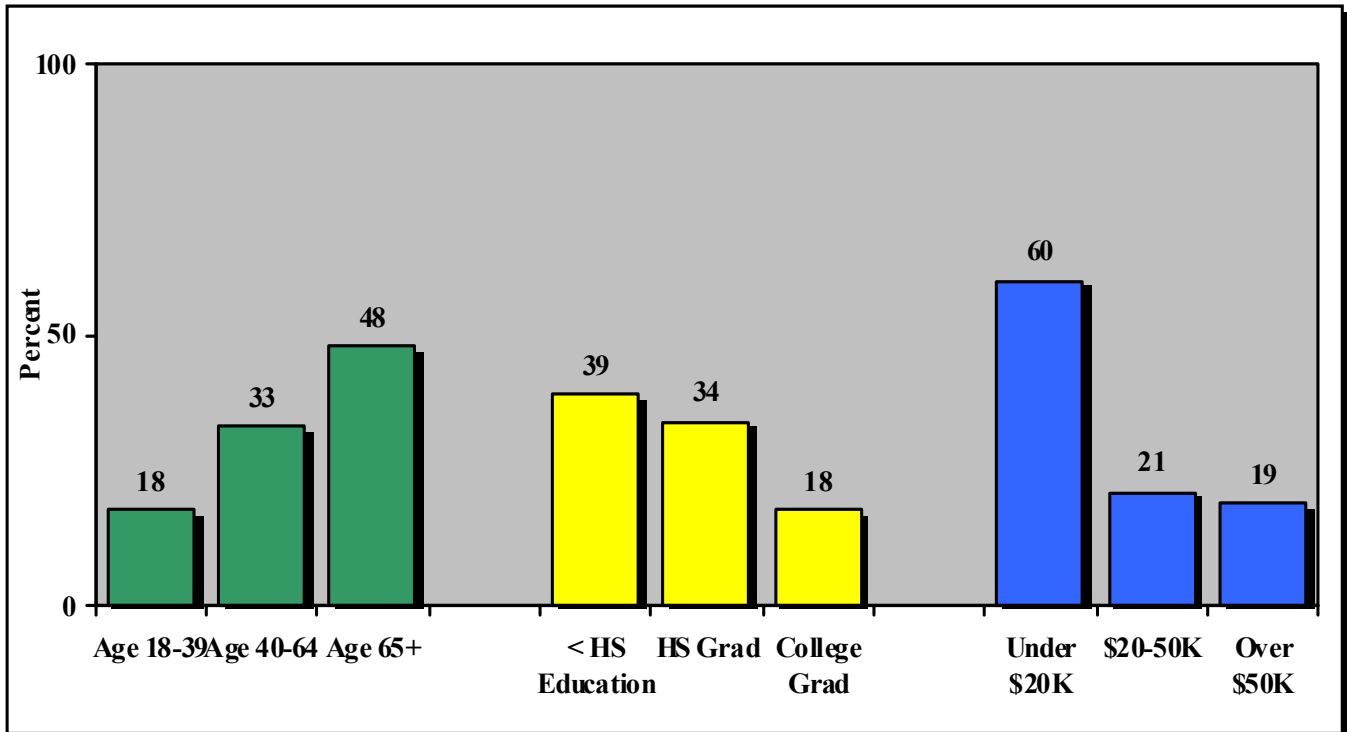
Colorectal Cancer Screening

Colorectal cancer is the second leading cause of all cancer deaths in Arkansas according to the Arkansas Cancer Coalition. Some of the risk factors include age, family, history, physical inactivity, obesity and cigarette smoking.

Sigmoidoscopy and colonoscopy are exams in which a tube is inserted into the rectum to view the bowel for signs of cancer or other health problems.

Risk Factor Definition: Over age 50 years and never been screened

Question: Have you ever had these exams?

At Risk: Those aged 50 years and older who answered "no" are considered at risk.

Who is at risk in Boone County?

- **Sixty-three percent (63%)** of Boone County adults over the age of 50 years reported they had never been screened for colorectal cancer.

Table 1: Colorectal cancer screening

	Been screened	Never been screened
%	**37**	**63**
CI	(32.0-41.5)	(58.5-68.0)
n	477	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: Colorectal cancer screening
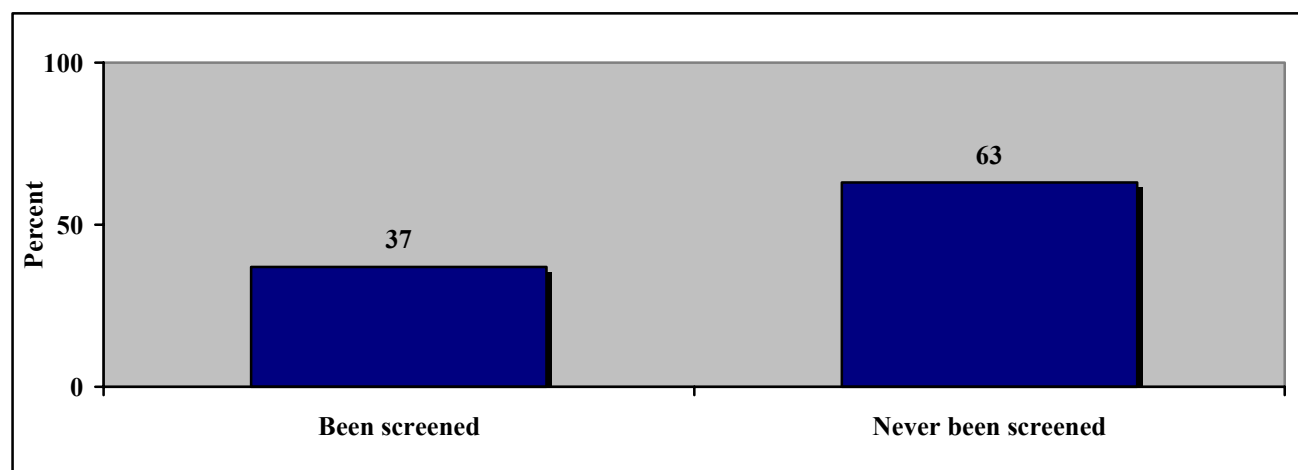
Colorectal Cancer Screening (continued)

Question: Have you ever been screened for colorectal cancer, i.e. had a sigmoidoscopy or colonoscopy?

Table 2: Colorectal cancer screening, by race and gender

		Been screened	Never been screened
Race			
White	**%**	**37**	**63**
	CI	(32.3-41.9)	(58.1-67.7)
	n	470	
Non-White	**%**	**20**	**80**
	CI	(0.0-60.9)	(39.1-100.0)
	n	3	
Gender			
Female	**%**	**39**	**61**
	CI	(32.7-44.4)	(55.6-67.3)
	n	315	
Male	**%**	**35**	**65**
	CI	(26.9-42.3)	(57.7-73.1)
	n	162	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 2: Percentage of respondents over the age of 50 years who reported they had never been screened for colorectal cancer, by race and gender
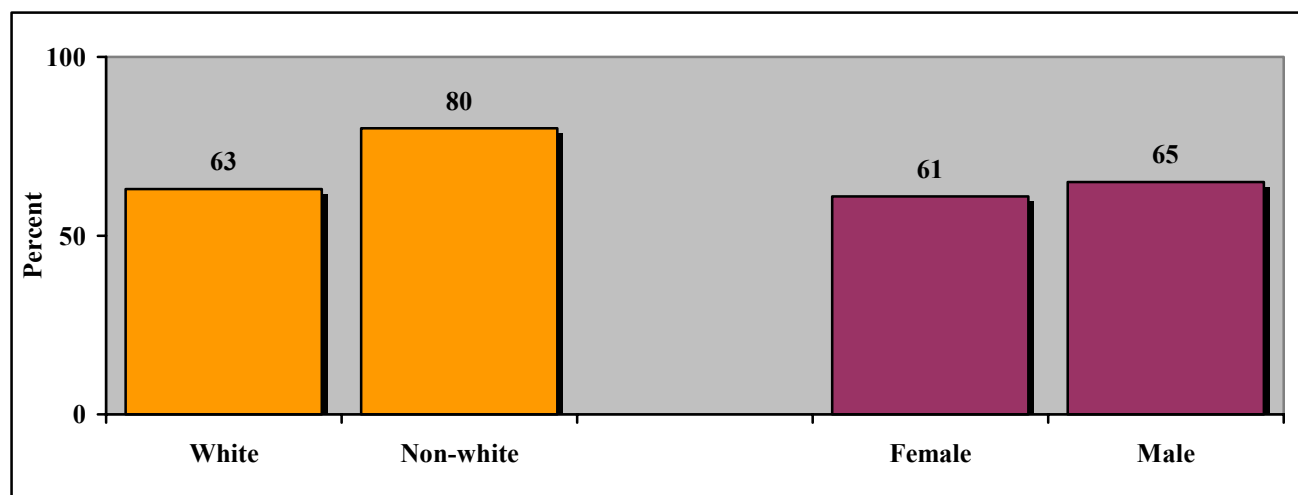
Colorectal Cancer Screening (continued)

Table 3: Colorectal cancer screening by age, education, and income

|		Been screened	Never been screened
Age			
40-64	**%**	27	73
	CI	(20.8-33.0)	(67.0-79.2)
	n	232	
65+	**%**	47	53
	CI	(39.7-53.5)	(46.5-60.3)
	n	244	
Education			
< High School Education	**%**	41	59
	CI	(28.7-53.5)	(46.5-71.3)
	n	74	
High School Graduate	**%**	36	64
	CI	(30.2-41.7)	(58.3-69.8)
	n	322	
College Graduate	**%**	33	66
	CI	(22.3-45.4)	(54.6-77.7)
	n	77	
Income			
<$20,000	**%**	40	60
	CI	(29.9-49.1)	(50.9-70.1)
	n	127	
$20,000-$50,000	**%**	36	64
	CI	(28.7-43.8)	(56.2-71.3)
	n	186	
>$50,000	**%**	25	75
	CI	(14.1-36.9)	(63.1-85.9)
	n	58	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Colorectal Cancer Screening (continued)

Question: Have you ever been screened for colorectal cancer, i.e. had a
sigmoidoscopy or colonoscopy?

Risk Factor Definition: Over age 50 years and never been screened

<u>Figure 3</u>: Percentage of respondents over the age of 50 years who reported they had never been screened for colorectal cancer, by age, education, and income
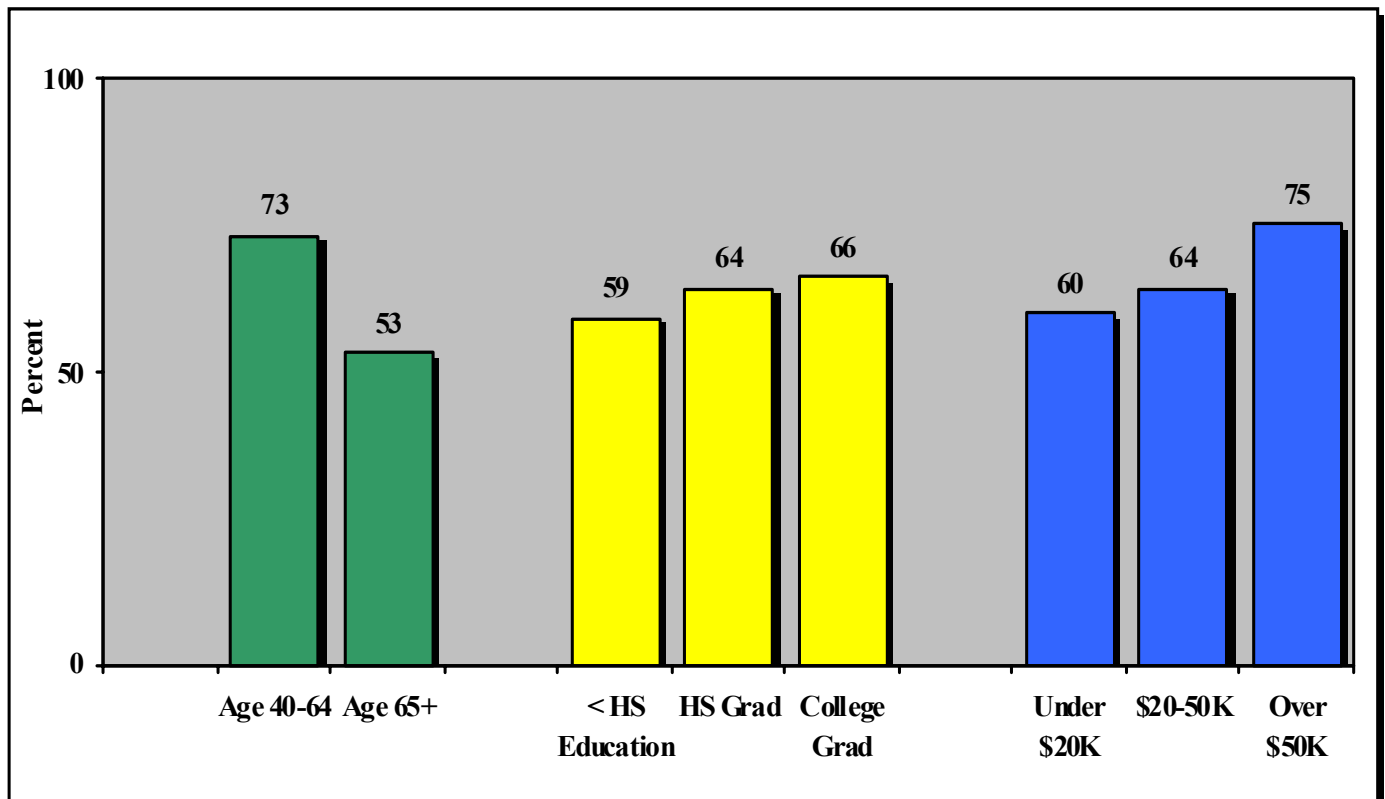
Colorectal Cancer Screening (continued)

How does Boone County compare?
In order to determine Boone County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared to 2006 state and nationwide BRFSS data.

Comparing reported findings on: Colorectal cancer screening

Table 4: Colorectal cancer screening

		Been screened	Never been screened
Boone County	**%**	**54**	**46**
	CI	(48.4-58.9)	(41.1-51.6)
	n	461	
Arkansas	**%**	**53**	**47**
	CI	(50.7-54.5)	(45.5-49.3)
	n	3189	
US	**^%**	**57**	**43**
	^^n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Figure 4: Comparing reported findings on never been screened for colorectal cancer screening
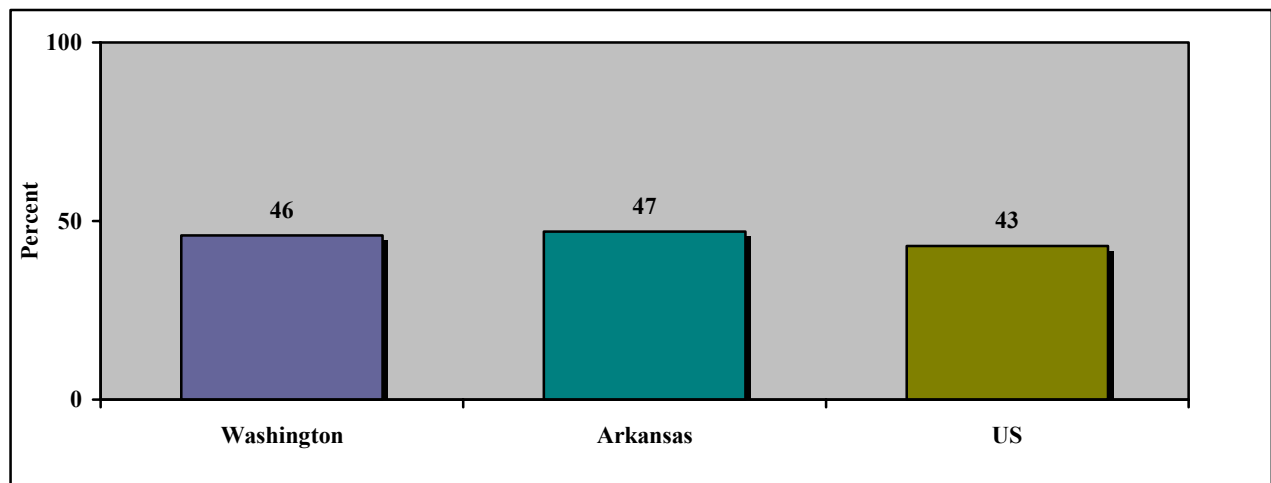
Colorectal Cancer Screening (continued)

How does Boone County compare?
In order to determine Boone County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared to 2006 state and nationwide BRFSS data.

Comparing reported findings on: Colorectal cancer screening

Table 5: Colorectal cancer screening, by gender

		Been screened	Never been screened
Boone County			
Female	%	54	46
	CI	(46.9-60.1)	(39.8-53.1)
	n	292	
Male	%	54	46
	CI	(45.4-62.1)	(37.9-54.6)
	n	169	
Arkansas			
Female	%	53	47
	CI	(50.3-55.1)	(44.9-49.7)
	n	2057	
Male	%	53	48
	CI	(49.3-55.7)	(44.3-50.7)
	n		
US			
Female	%	58	42
	n	51	
Male	%	57	43
	n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Colorectal Cancer Screening (continued)

Comparing reported findings on: Colorectal cancer screening

Figure 5: Comparing reported findings on never been screened for colorectal cancer, by gender
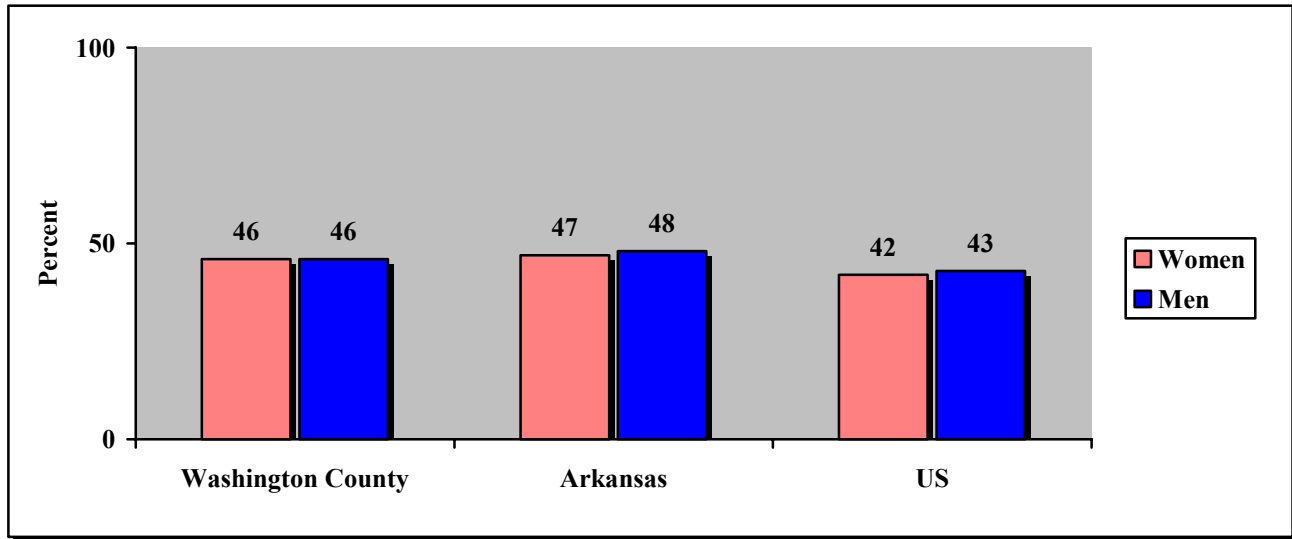
Prostate Cancer Screening

Prostate cancer is the most common form of cancer for men in Arkansas, aside from skin cancer. Age, race, family history, and diet may be risk factors for prostate cancer. Older men and African-American men are most at risk.

A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland.

Risk Factor Definition: Male, over age 40 years, and not screened within the past year

Question: Have you ever had these exams?

At Risk: Those aged 40 years and older who answered "no" are considered at risk.

Who is at risk in Boone County?

- **Fifty percent (50%)** of Boone County males over age 40 years reported they had not been screened for prostate cancer in the year preceding the survey.

Table 1: Prostate cancer screening

|	Been screened	Not been screened in past year
%	**50**	**50**
CI	(43.2-57.4)	(42.6-56.8)
n	222	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: Prostate cancer screening
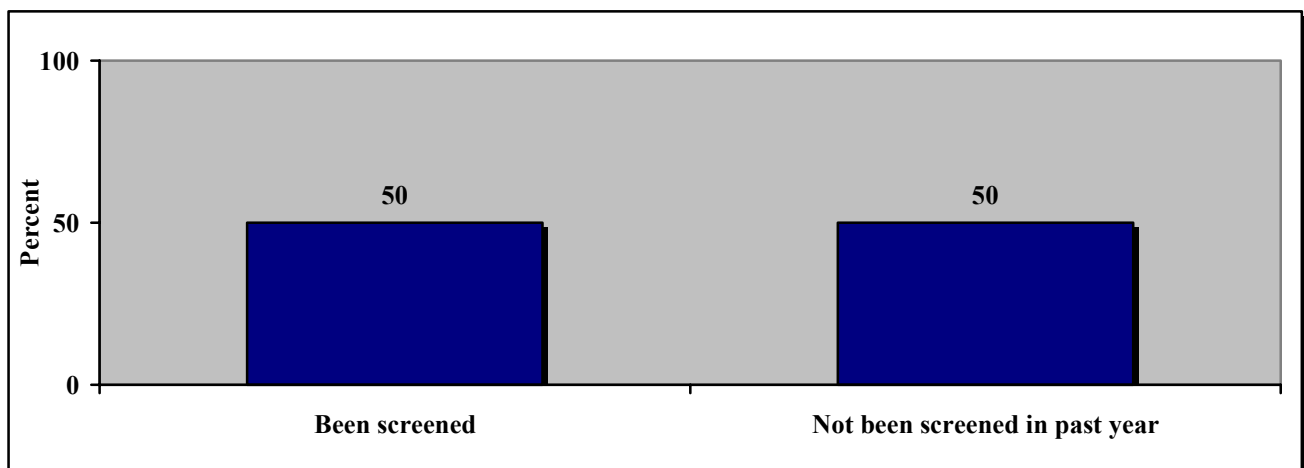
Prostate Cancer Screening (continued)

Question: Have you ever been screened for prostate cancer?

Table 2: Prostate cancer screening, by race and gender

		Been screened	Not been screened in past year
Race			
White	%	51	49
	CI	(43.8-58.2)	(41.8-56.2)
	n	217	
Non-White	%	-	100
	CI	-	(100.0-100.0)
	n	3	
Gender			
Male	%	50	50
	CI	(43.2-57.4)	(42.6-56.8)
	n	222	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 2: The percentage of male respondents over 40 years of age who reported they had not been screened for prostate cancer in the past year preceding the survey, by race
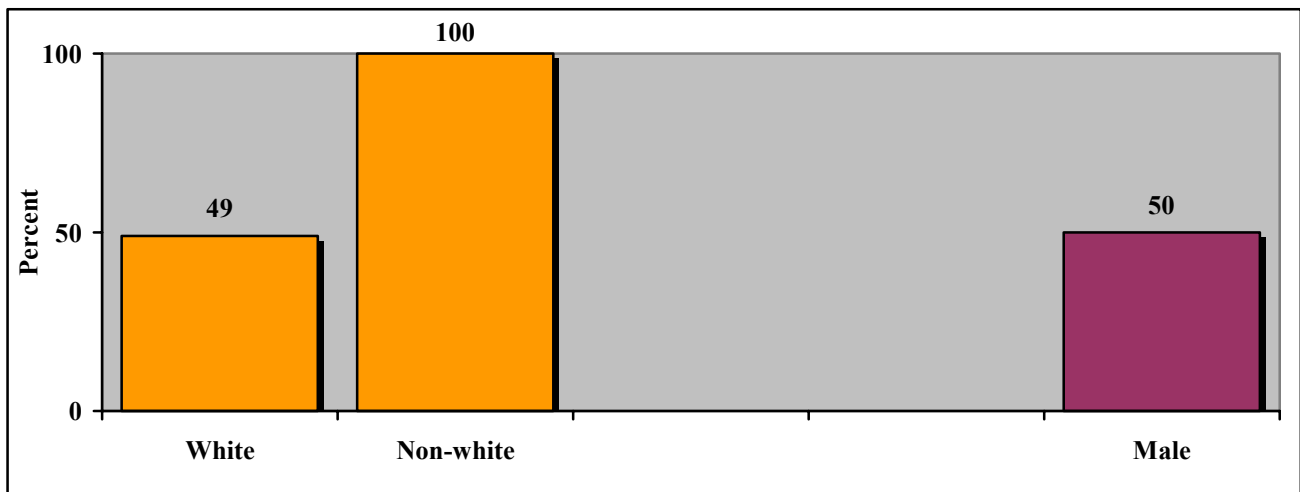
Prostate Cancer Screening (continued)

Table 3: Prostate cancer screening, by age, education, and income

		Been screened	Not been screened in past year
Age			
40-64	%	40	59
	CI	(31.3-48.9)	(51.1-68.7)
	n	144	
65+	%	72	27
	CI	(62.5-82.9)	(17.1-37.5)
	n	78	
Education			
< High School Education	%	42	58
	CI	(25.1-59.1)	(40.9-74.9)
	n	36	
High School Graduate	%	50	50
	CI	(40.5-59.3)	(40.7-59.5)
	n	127	
College Graduate	%	56	44
	CI	(42.0-70.0)	(30.0-58.0)
	n	57	
Income			
<$20,000	%	44	56
	CI	(27.1-60.6)	(39.4-72.9)
	n	43	
$20,000-$50,000	%	49	51
	CI	(38.8-60.0)	(39.9-61.2)
	n	100	
>$50,000	%	60	40
	CI	(45.2-74.8)	(25.2-54.8)
	n	47	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Prostate Cancer Screening (continued)

Question: Have you ever been screened for prostate cancer?

Risk Factor Definition: Male, over age 40 years, and not screened within the past year

Figure 3: The percentage of male respondents over 40 years of age who reported they had not been screened for prostate cancer in the past year preceding the survey, by age, education, and income
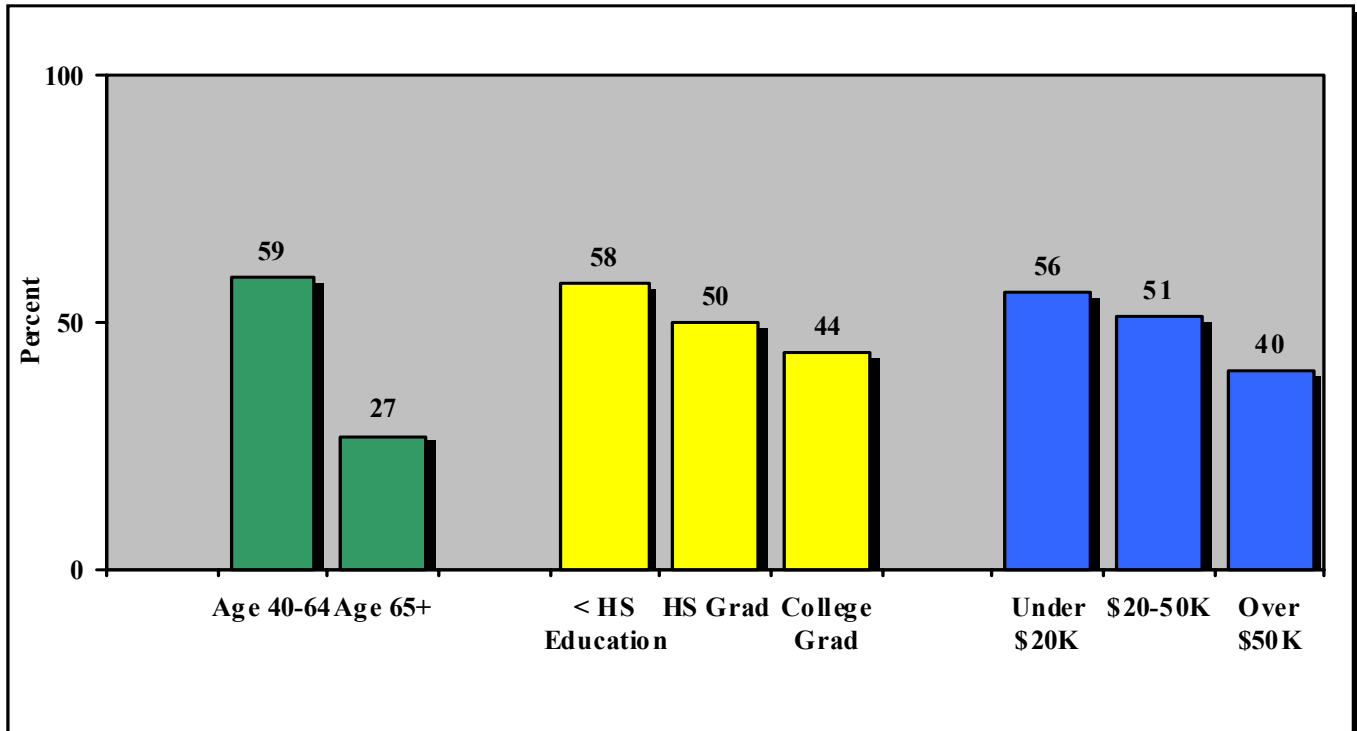
Immunization – Influenza Shot

Immunization against influenza can prevent serious illness and death. Getting the flu shot not only helps you but it lessens the chance that you will spread the illness to someone else.

Risk Factor Definition: No influenza shot within past 12 months

Question: During the past 12 months, have you had a flu shot?

At Risk: Those who answered "No" are considered at risk.

Who is at risk in Boone County?

- **Sixty-seven percent (67%)** of Boone County adults reported that they had not had an influenza shot in the twelve months preceding the survey.

Table 1: Influenza shot

|	Had influenza shot	No influenza shot in past year
%	**33**	**67**
CI	(30.0-36.7)	(63.3-70.0)
n	913	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: Influenza shot
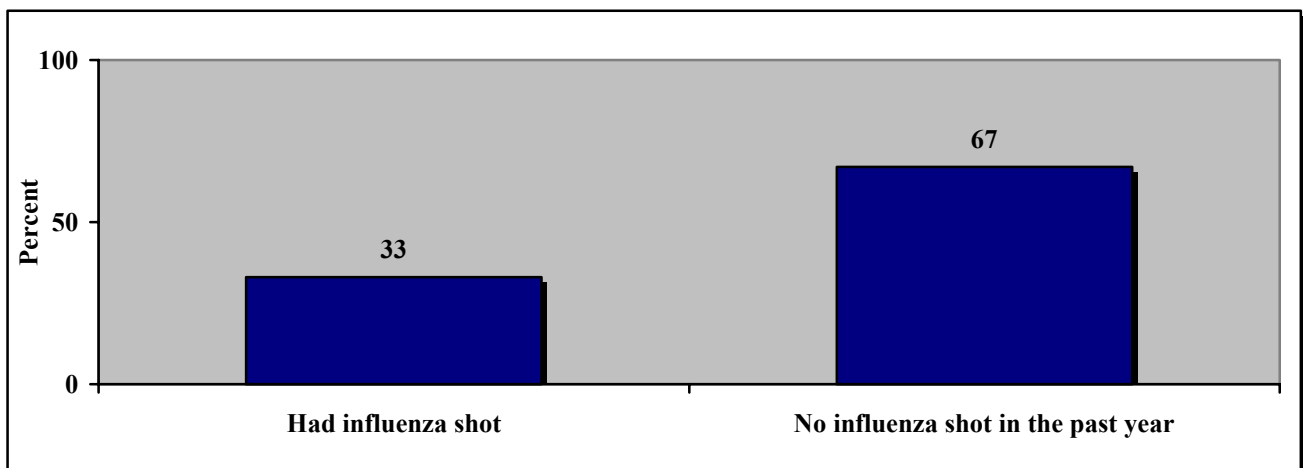
Immunization – Influenza Shot (continued)

Question: During the past 12 months, have you had a flu shot?

Table 2: Influenza shot, by race and gender

		Had influenza shot	No influenza shot in past year
Race			
White	%	33	66
	CI	(30.2-37.0)	(563.0-69.8)
	n	893	
Non-White	%	9	91
	CI	(0.0-22.3)	(77.7-100.0)
	n	14	
Gender			
Female	%	35	65
	CI	(31.0-39.6)	(60.4-69.0)
	n	567	
Male	%	31	69
	CI	(26.0-36.5)	(63.5-74.0)
	n	346	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 2: Percentage of respondents who reported that they had not had an influenza shot in the twelve months preceding the survey, by race, and gender
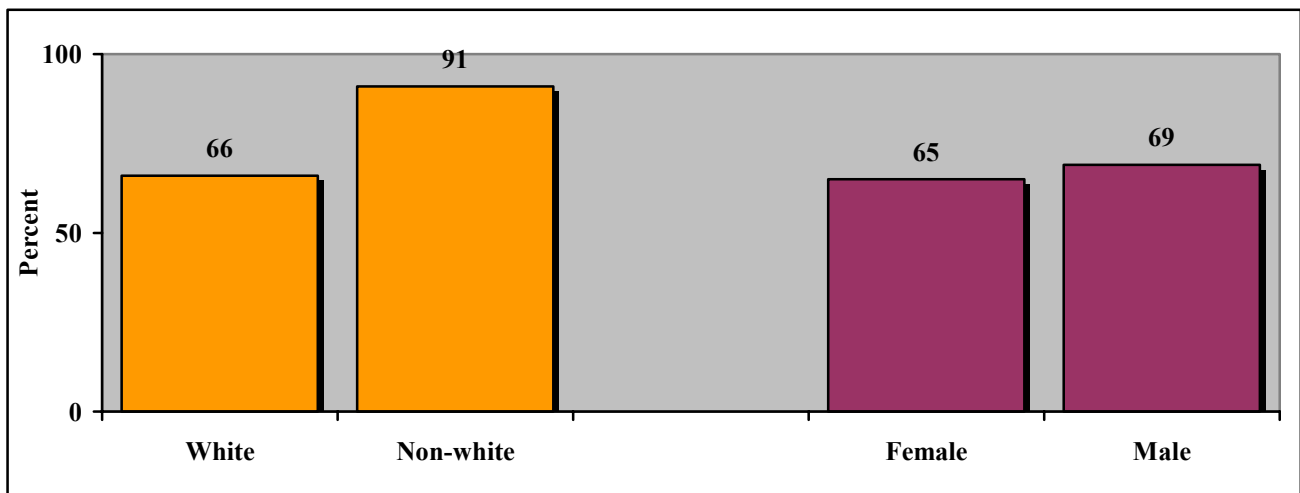
Immunization – Influenza Shot (continued)

Table 3: Influenza shot, by age, education, and income

		Had influenza shot	No influenza shot in past year
Age			
18-39	%	14	86
	CI	(9.6-18.9)	(81.0-90.4)
	n	263	
40-64	%	31	69
	CI	(25.8-35.9)	(64.1-74.2)
	n	397	
65+	%	70	30
	CI	(63.5-75.7)	(24.3-36.5)
	n	248	
Education			
< High School Education	%	38	62
	CI	(28.8-47.5)	(52.5-71.2)
	n	120	
High School Graduate	%	31	69
	CI	(26.6-34.6)	(65.4-73.4)
	n	616	
College Graduate	%	40	60
	CI	(31.7-47.6)	(52.4-68.3)
	n	172	
Income			
<$20,000	%	32	68
	CI	(25.2-39.2)	(60.8-74.8)
	n	221	
$20,000-$50,000	%	30	70
	CI	(25.0-34.7)	(65.3-75.0)
	n	391	
>$50,000	%	35	65
	CI	(26.8-42.7)	(57.3-73.2)
	n	149	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Immunization – Influenza Shot (continued)

Question: During the past 12 months, have you had a flu shot?

Risk Factor Definition: No influenza shot within past 12 months

<u>Figure 3</u>: Percentage of respondents who reported that they had not had an influenza shot in the twelve months preceding the survey, by age, education, and income
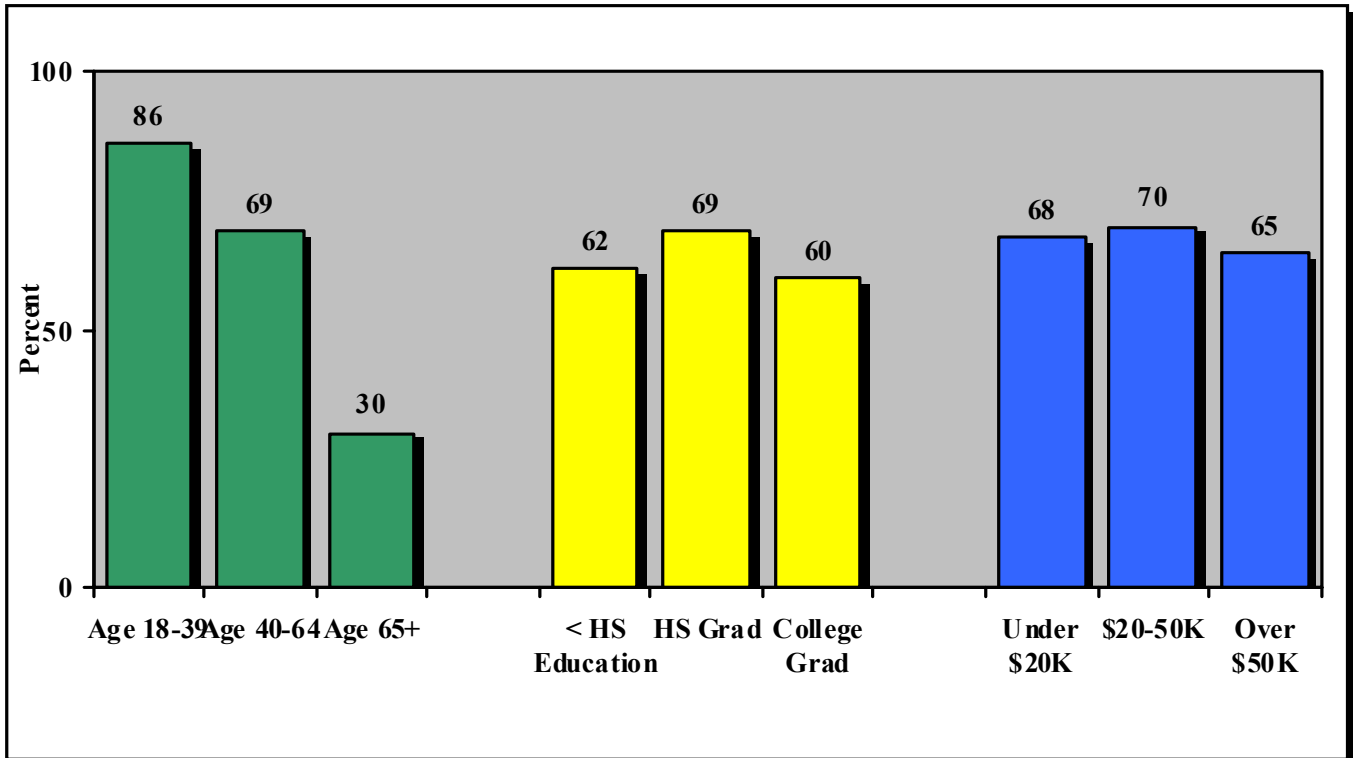
Physical Activity

Regular physical activity is important for people of all ages. It is important for maintaining a healthy body, enhancing quality of life, and preventing death.

Risk Factor Definition: Do not participate in regular physical activity

Questions: During the past 30 days, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

At Risk: Those who do not participate in physical activity on a regular basis are at risk.

Who is at risk in Boone County?

- **Thirty-four percent (34%)** of Boone County's adult residents reported they did not participate in regular physical activity during the month preceding the survey.

Table 1: Regular physical activity

	Regular physical activity	No regular physical activity
%	**66**	**34**
CI	(62.3-69.1)	(30.9-37.7)
n	915	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: Regular physical activity
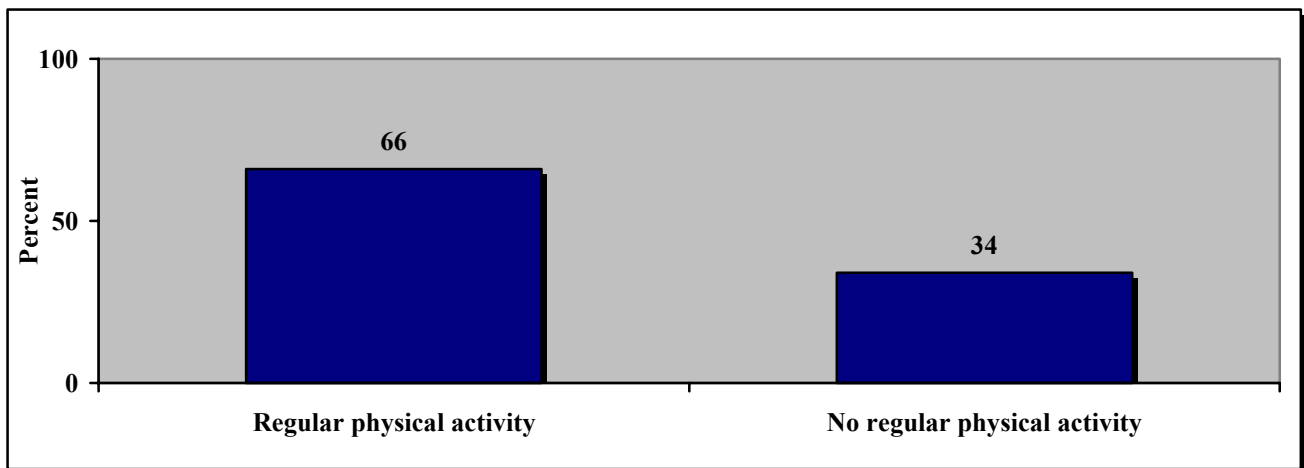
Physical Activity (continued)

Question: During the past 30 days, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

Table 2: Regular physical activity, by race and gender

		Regular physical activity	No regular physical activity
Race			
White	%	66	34
	CI	(62.8-69.7)	(30.3-37.2)
	n	895	
Non-White	%	52	48
	CI	(24.0-79.4)	(20.6-76.0)
	n	14	
Gender			
Female	%	62	38
	CI	(57.3-66.1)	(33.9-42.7)
	n	568	
Male	%	70	30
	CI	(65.0-75.4)	(24.6-35.0)
	n	347	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 2: Percentage of respondents who reported that they had not participated regular physical activity during the month preceding the survey, by race, and gender
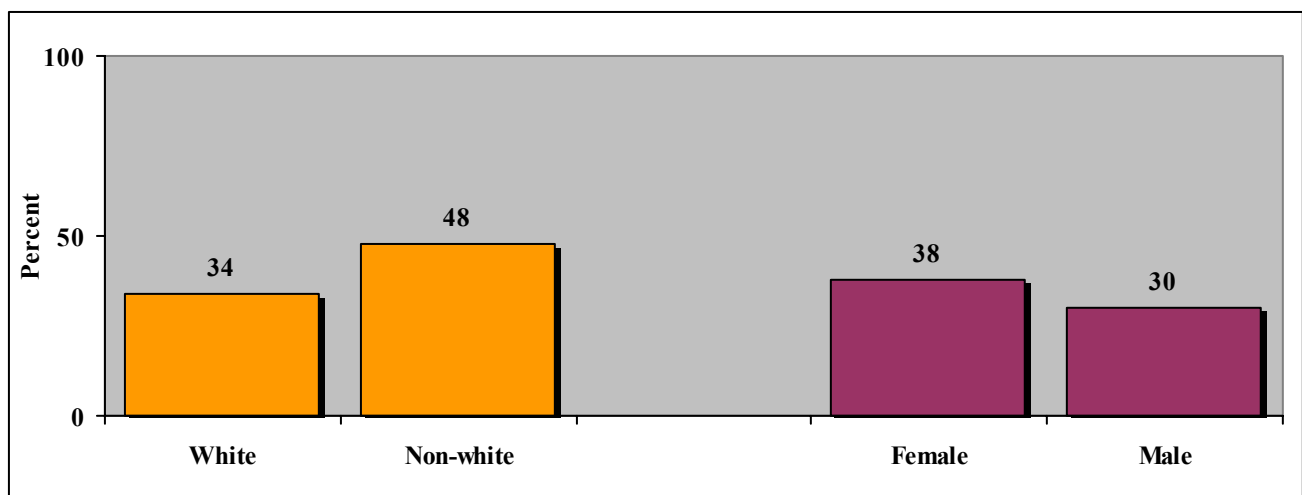
Table 3: Regular physical activity, by age, education, and income

		Regular physical activity	No regular physical activity
Age			
18-39	%	70	30
	CI	(64.2-76.1)	(23.9-35.8)
	n	264	
40-64	%	66	34
	CI	(60.4-70.7)	(29.3-39.6)
	n	398	
65+	%	59	41
	CI	(52.5-65.8)	(34.1-47.5)
	n	248	
Education			
< High School Education	%	47	53
	CI	(37.4-57.1)	(42.9-62.6)
	n	121	
High School Graduate	%	65	35
	CI	(60.3-68.8)	(31.2-39.7)
	n	617	
College Graduate	%	83	17
	CI	(77.6-88.8)	(11.2-22.4)
	n	172	
Income			
<$20,000	%	51	49
	CI	(42.9-58.2)	(41.8-57.1)
	n	221	
$20,000-$50,000	%	69	31
	CI	(64.5-74.3)	(25.7-35.5)
	n	393	
>$50,000	%	81	19
	CI	(74.4-87.6)	(12.4-25.6)
	n	149	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Physical Activity (continued)

Question: During the past 30 days, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

Risk Factor Definition: Do not participate in regular physical activity

Figure 3: Percentage of respondents who reported that they had not participated regular physical activity during the month preceding the survey, by age, education, and income
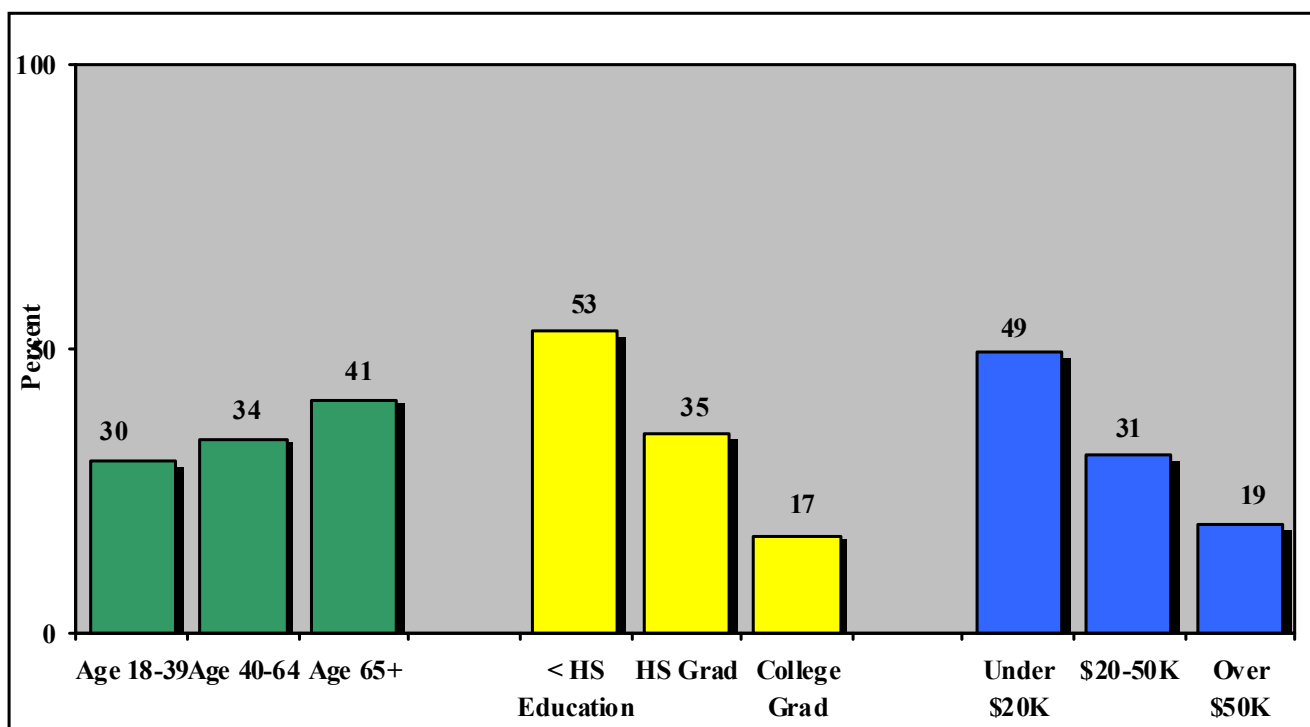
Overweight

Overweight and obesity have risen considerably over the past several years and are major contributors to preventable causes of death. They raise the risk of social stigmatization, discrimination, and low-self esteem along with raising the risk of certain illnesses. Some of these illnesses include high blood pressure, high cholesterol, diabetes, heart disease, stroke, gall bladder disease, arthritis, sleep disturbance, breathing problems, and certain types of cancer.

Risk Factor Definition: Overweight as measured by Body Mass Index (BMI)

Questions: 1. How much do you weigh without shoes?
                2. How tall are you without shoes?

At Risk: Those with a Body Mass Index (BMI) of greater than 25.0 are overweight. BMI is a ratio of weight to height.

Who is at risk in Boone County?

- **Sixty percent (60%)** of Boone County's adults reported that they were overweight.

Table 1: Bodyweight

	Not overweight or obese	Overweight or obese
%	**40**	**60**
CI	(36.5-43.9)	(56.1-63.5)
n	857	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: Bodyweight
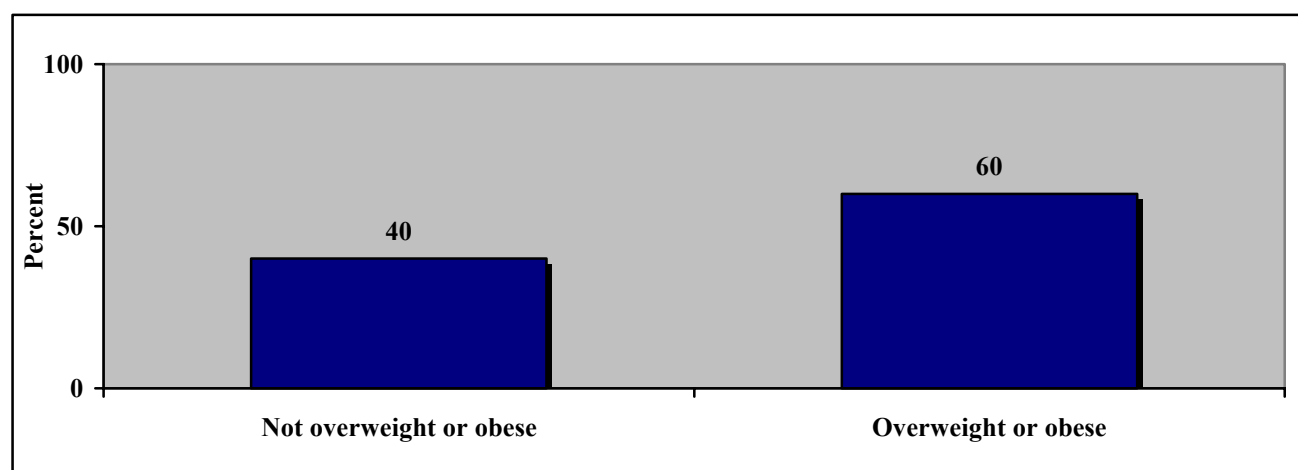
Overweight (continued)

Question: How much do you weight without shoes? How tall are you without shoes?

Table 2: Bodyweight, by race and gender

|		Not overweight or obese	Overweight or obese
Race			
White	**%**	**40**	**60**
	CI	(36.4-43.8)	(56.2-63.6)
	n	838	
Non-White	**%**	**33**	**67**
	CI	(7.1-58.3)	(41.7-92.7)
	n	14	
Gender			
Female	**%**	**48**	**52**
	CI	(43.0-52.6)	(47.4-57.0)
	n	515	
Male	**%**	**33**	**67**
	CI	(27.1-38.0)	(62.0-72.9)
	n	342	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 2: Percentage of respondents who reported that they were overweight, by race, and gender
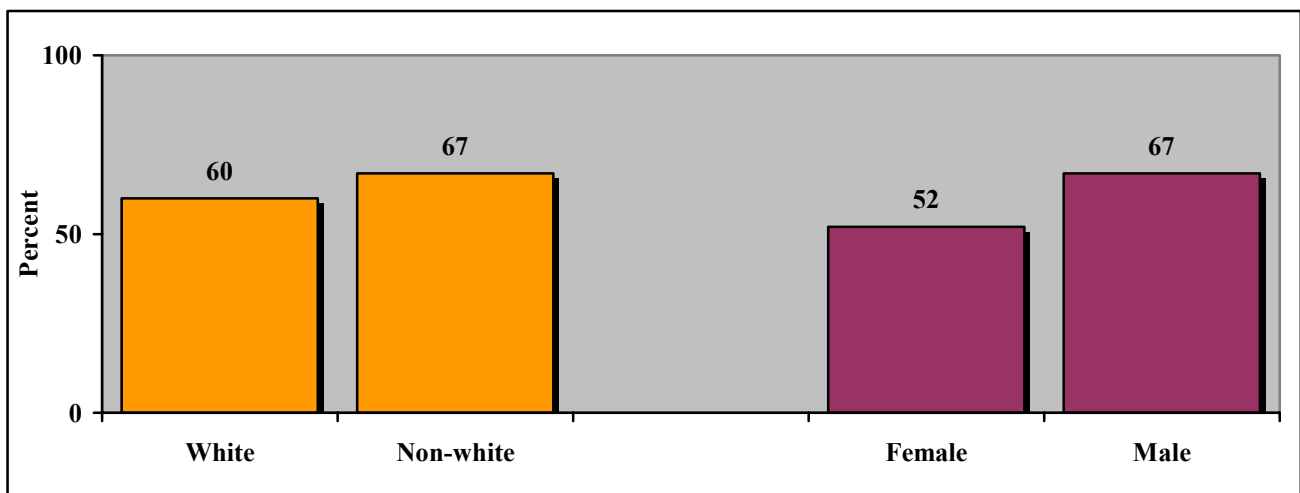
Overweight (continued)

Table 3: Bodyweight, by age, education, and income

		Not overweight or obese	Overweight or obese
Age			
18-39	**%**	**46**	**54**
	CI	(39.4-52.8)	(47.2-60.6)
	n	255	
40-64	**%**	**37**	**63**
	CI	(31.2-42.1)	(57.9-68.8)
	n	366	
65+	**%**	**36**	**64**
	CI	(29.7-43.2)	(56.8-70.3)
	n	233	
Education			
< High School Education	**%**	**41**	**59**
	CI	(31.1-51.1)	(48.9-68.9)
	n	114	
High School Graduate	**%**	**39**	**61**
	CI	(34.3-43.3)	(56.7-65.7)
	n	575	
College Graduate	**%**	**45**	**55**
	CI	(36.9-53.6)	(46.4-63.1)
	n	164	
Income			
<$20,000	**%**	**41**	**59**
	CI	(33.9-49.1)	(50.9-66.1)
	n	213	
$20,000-$50,000	**%**	**40**	**60**
	CI	(34.7-45.9)	(54.1-65.3)
	n	368	
>$50,000	**%**	**33**	**67**
	CI	(24.8-40.8)	(59.2-75.2)
	n	141	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Overweight (continued)

Question: How much do you weight without shoes? How tall are you without shoes?

Risk Factor Definition: Those with a Body Mass Index of greater than 2.5 are overweight.

<u>Figure 3</u>: Percentage of respondents who reported that they were overweight, by age, education, and income
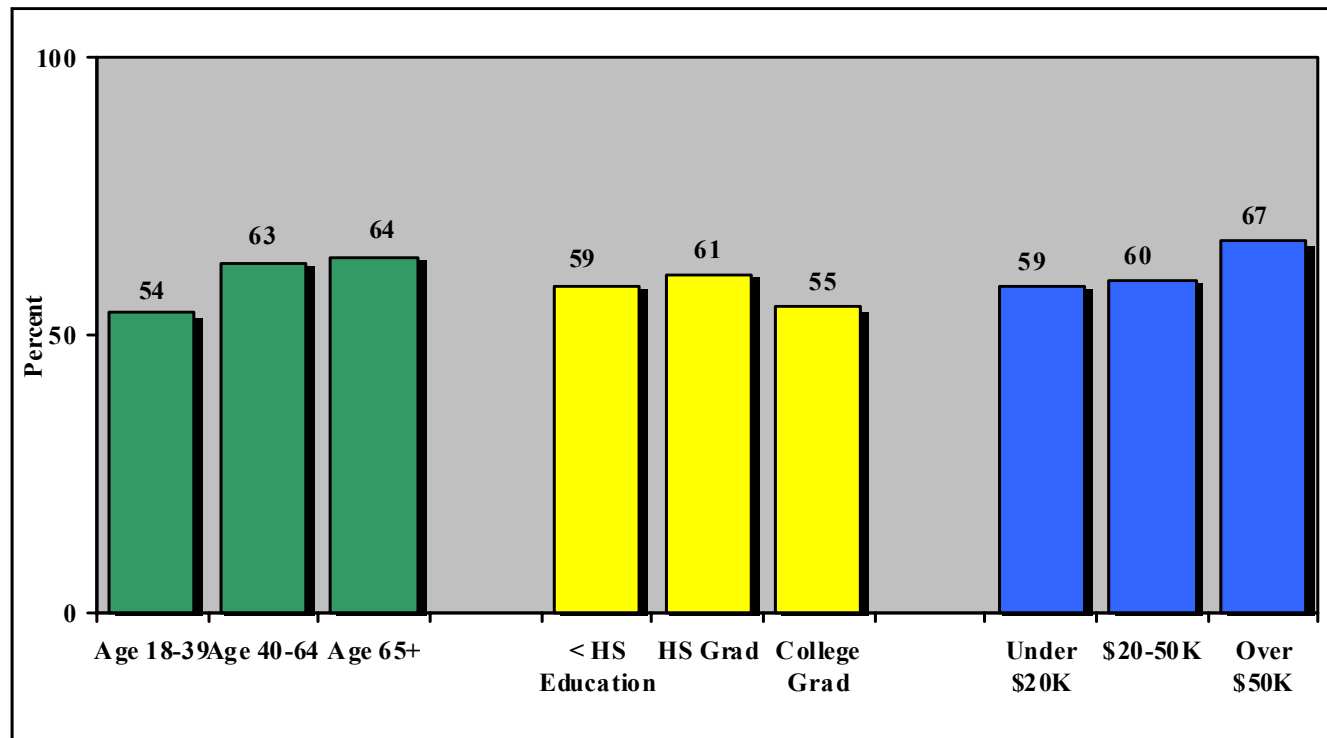
Disability

Survey respondents were asked about health problems or impairments they had. These include impairments that are either present at birth or acquired from illness or injury. People with disabilities face special challenges related to health, productivity, independence, and quality of life.

Limitations due physical, mental, or emotional problems

Risk Factor Definition: Limitations due to physical, mental, or emotional problems

Question: Are you limited in any way in any activities because of physical, mental, or emotional problems?

At Risk: Those who answered "yes" are considered at risk.

Who is at risk in Boone County?

- **Twenty-one percent (21%)** of adults in Boone County reported that they had some activity limitations due to physical, mental, or emotional problems.

Table 1: Limitations due to physical, mental, or emotional problems

	No limitations	**Limitations**
%	**79**	**21**
CI	(75.7-81.4)	(18.6-24.3)
n	910	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: Limitations due to physical, mental, or emotional problems
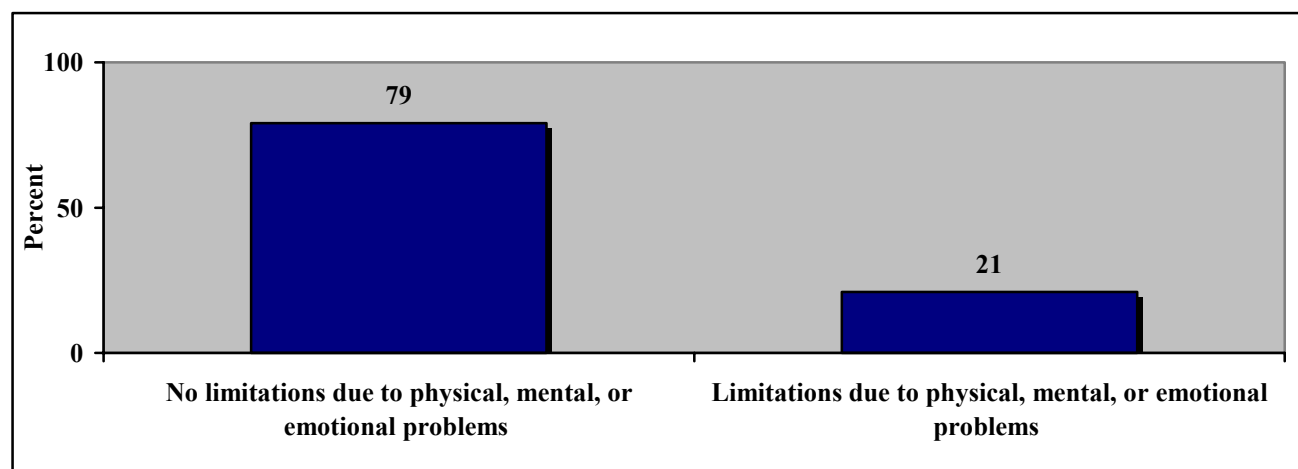
Disability (continued)

Question: Are you limited in any way in any activities because of physical, mental, or emotional problems?

Table 2: Limitations due to physical, mental, or emotional problems, by race and gender

		No limitations	Limitations
Race			
White	**%**	**78**	**22**
	CI	(75.6-81.4)	(18.6-24.4)
	n	890	
Non-White	**%**	**88**	**12**
	CI	(73.1-100.0)	(0.0-26.9)
	n	14	
Gender			
Female	**%**	**77**	**23**
	CI	(72.8-80.3)	(19.7-27.2)
	n	564	
Male	**%**	**81**	**19**
	CI	(76.4-85.0)	(15.0-24.0)
	n	346	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 2: Percentage of respondents who reported that they had some activity limitations due to physical, mental, or emotional problems, by race, and gender
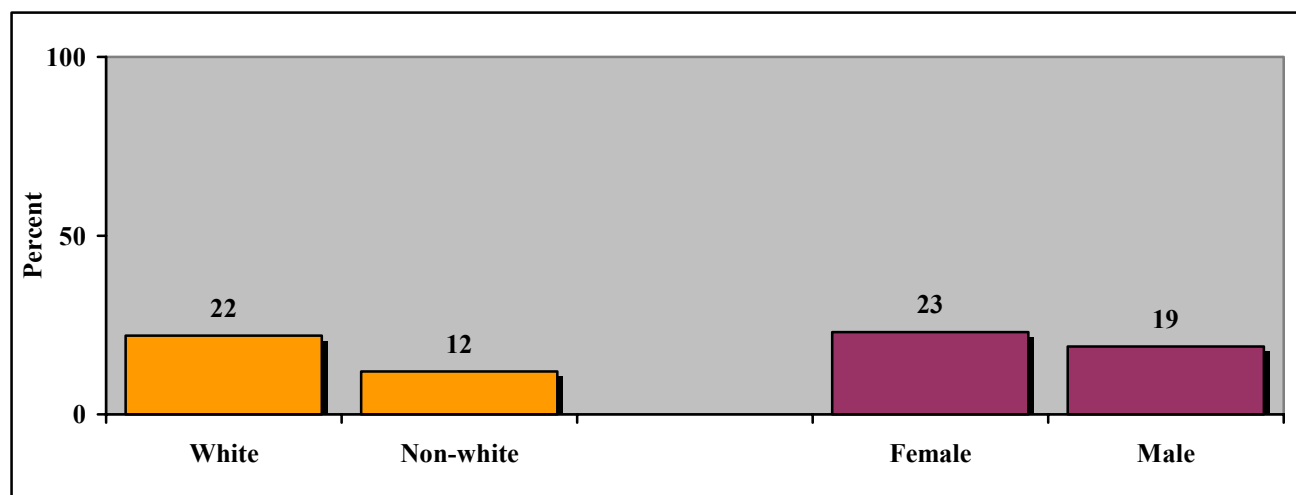
Disability (continued)

Table 3: Limitations due to physical, mental, or emotional problems, by age, education, and income

		No limitations	Limitations
Age			
18-39	%	92	8
	CI	(88.5-94.8)	(5.2-11.5)
	n	264	
40-64	%	74	26
	CI	(69.1-78.7)	(21.3-30.9)
	n	396	
65+	%	65	35
	CI	(58.8-71.8)	(28.2-41.2)
	n	246	
Education			
< High School Education	%	64	36
	CI	(54.3-72.9)	(27.1-45.7)
	n	120	
High School Graduate	%	78	22
	CI	(74.7-81.7)	(18.3-25.3)
	n	613	
College Graduate	%	89	11
	CI	(84.3-93.6)	(6.4-15.7)
	n	172	
Income			
<$20,000	%	59	41
	CI	(51.9-66.9)	(33.1-48.1)
	n	220	
$20,000-$50,000	%	85	15
	CI	(80.9-88.3)	(11.7-19.1)
	n	393	
>$50,000	%	89	11
	CI	(84.1-94.3)	(5.7-15.9)
	n	149	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Disability (continued)

**Question:**   Are you limited in any way in any activities because of physical, mental, or emotional problems?

Risk Factor Definition: Limitations due to physical, mental, or emotional problems

Figure 3: Percentage of respondents who reported that they had some activity limitations due to physical, mental, or emotional problems, by age, education, and income
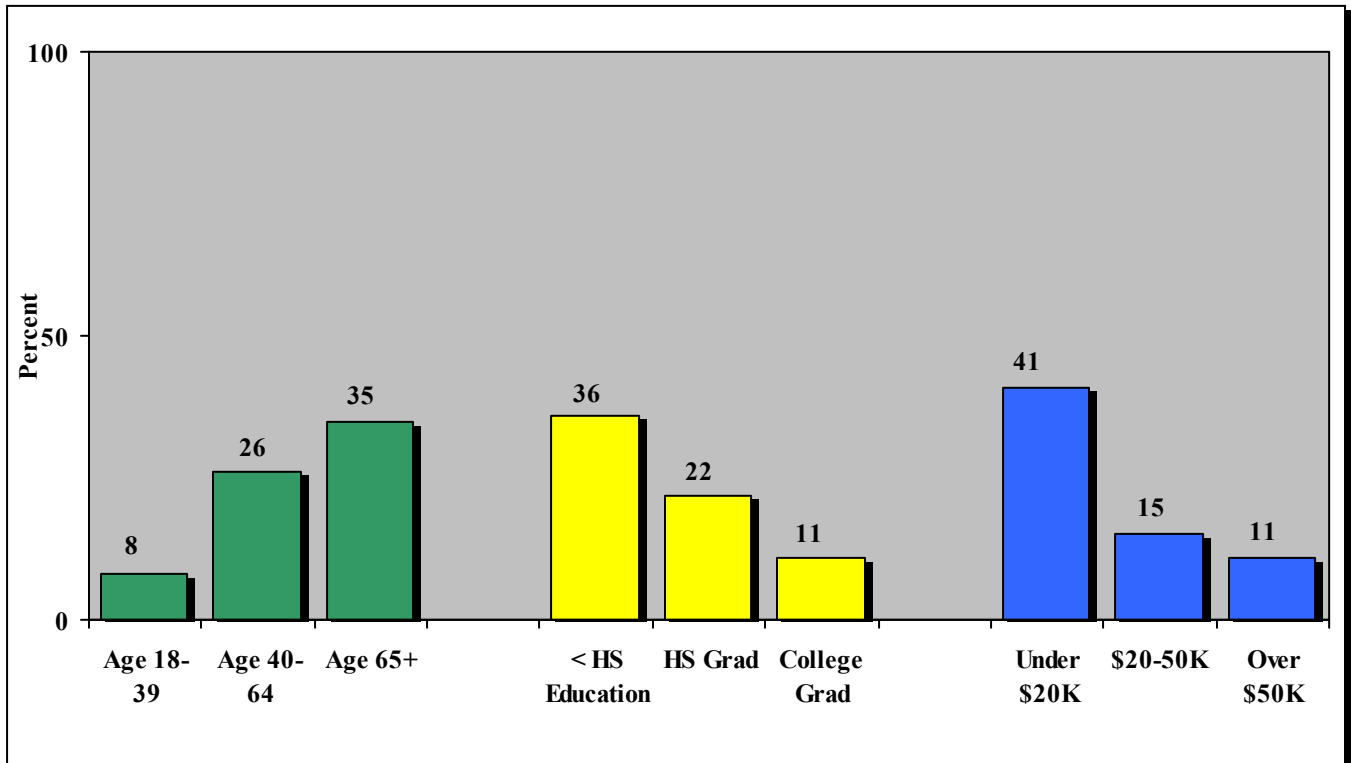
Disability (continued)

Use of special equipment

Risk Factor Definition: Use of special equipment

Question: Do you have any health problem that requires you to use special equipment, such as a cane, a wheelchair, or special telephone?

At Risk: Those who answered "yes" are considered at risk.
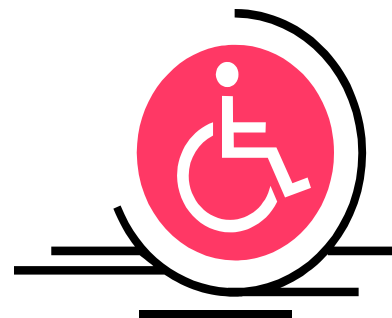
Who is at risk in Boone County?

▪ **Seven percent (7%)** of adults in Boone County reported that they use special equipment.

Table 4: Use of special equipment

	No use of special equipment	Use of special equipment
%	**93**	**7**
CI	(91.6-94.8)	(5.2-8.4)
n	915	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 4: Use of special equipment
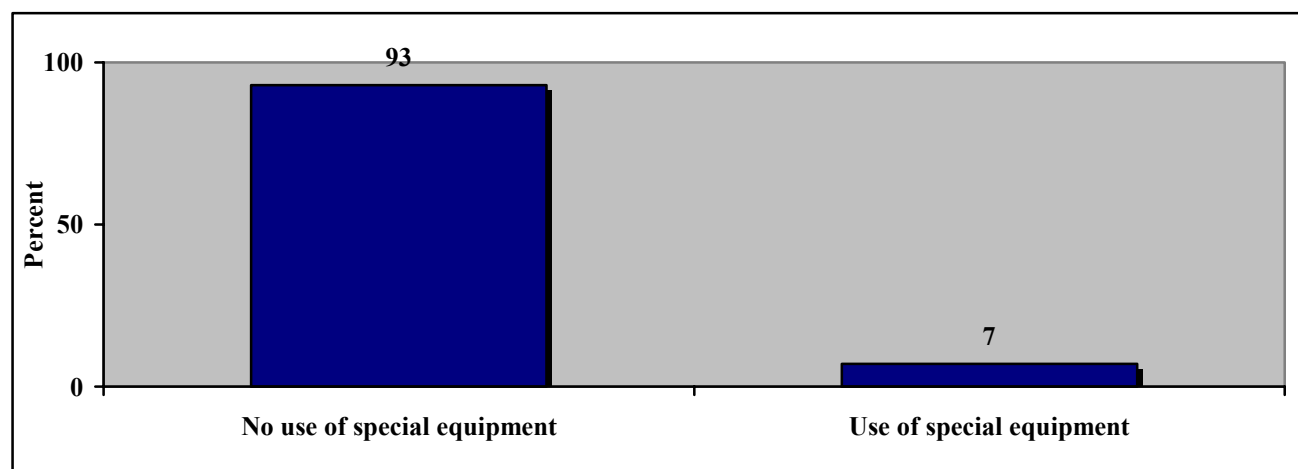
Disability (continued)

Question: Do you have any health problem that requires you to use special equipment, such as a cane, a wheelchair, or special telephone?

Table 5: Use special equipment, by race and gender

		No use of special equipment	Use of special equipment
Race			
White	%	93	7
	CI	(91.7-95.0)	(5.0-8.3)
	n	895	
Non-White	%	94	7
	CI	(81.5-100.0)	(0.0-18.5)
	n	14	
Gender			
Female	%	92	8
	CI	(89.8-94.1)	(5.9-10.2)
	n	568	
Male	%	95	5
	CI	(92.1-97.1)	(2.9-7.9)
	n	347	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 5: Percentage of respondents who reported that use special equipment, by race, and gender
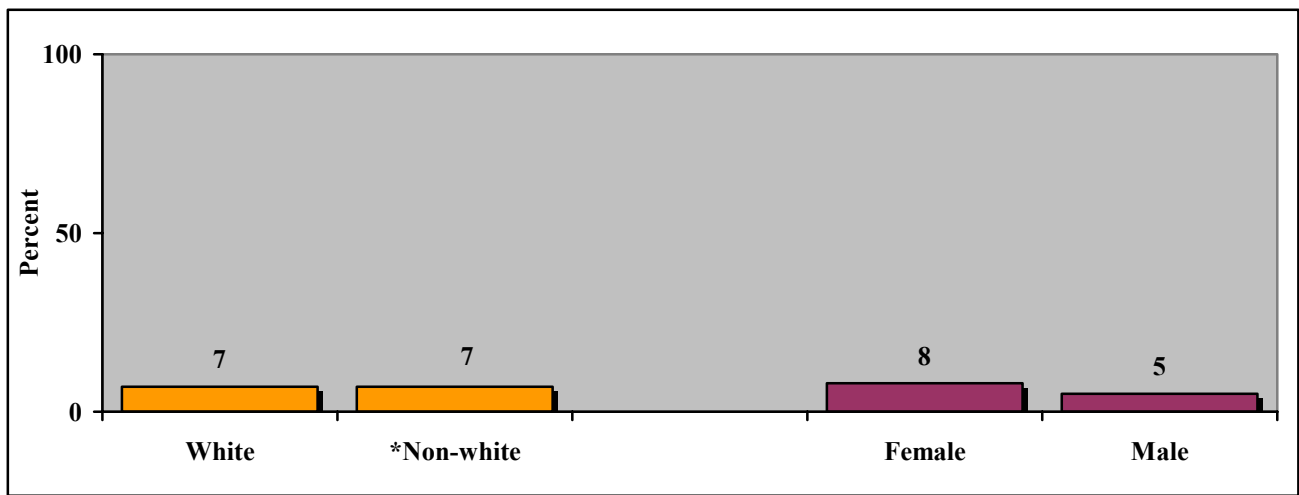
Disability (continued)

Table 6: Use of special equipment, by age, education, and income

		No use of special equipment	Use of special equipment
Age			
18-39	**%**	99	1
	CI	(98.2-100.0)	(0.0-1.8)
	n	264	
40-64	**%**	95	5
	CI	(92.3-97.0)	(3.2-8.4)
	n	398	
65+	**%**	81	19
	CI	(76.4-86.5)	(13.5-23.6)
	n	248	
Education			
< High School Education	**%**	82	18
	CI	(74.8-88.5)	(11.5-25.2)
	n	121	
High School Graduate	**%**	94	6
	CI	(92.4-96.2)	(3.8-7.6)
	n	617	
College Graduate	**%**	97	3
	CI	(94.3-99.2)	(0.8-5.7)
	n	172	
Income			
<$20,000	**%**	83	17
	CI	(77.9-88.8)	(11.2-22.1)
	n	221	
$20,000-$50,000	**%**	96	4
	CI	(94.3-98.0)	(2.0-5.7)
	n	393	
>$50,000	**%**	99	1
	CI	(98.2-100.0)	(0.0-1.8)
	n	149	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Disability (continued)

Question: Do you have any health problem that requires you to use special equipment, such as a cane, a wheelchair, or special telephone?

Risk Factor Definition: Use of special equipment

Figure 6: Percentage of respondents who reported that they use special equipment, by age, education, and income
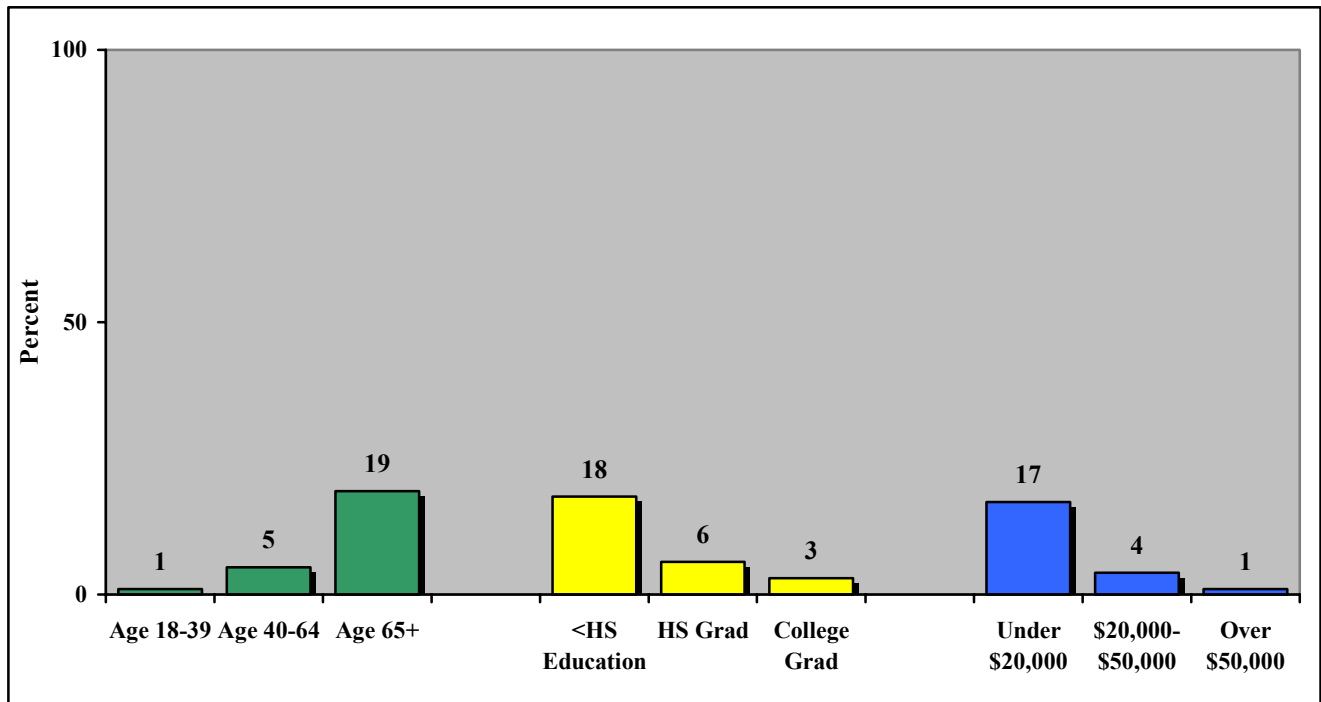
Alcohol Consumption (continued)

Many serious problems are associated with alcohol use. These include violence and injury.

Risk Factor Definition: Binge drinking

Question: Considering all types of alcoholic beverages, how many times during the past month did you have five or more drinks on one occasion?

At Risk: **Of those respondents who reported that they had at least one alcoholic drink in the thirty days preceding the survey,** those who reported that they had had five or more drinks in a row on one or more occasion during the past month are considered at risk.

Who is at risk in Boone County?

▪ Of those who reported drinking at least once in the thirty days preceding the survey, **twenty-one percent (21%)** said they had consumed five or more drinks on at least one occasion in the past month.

Table 1: Binge drinking

	No binge drinking	Binge drinking
%	**79**	**21**
CI	(73.0-84.8)	(15.2-27.0)
n	235	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: Binge drinking
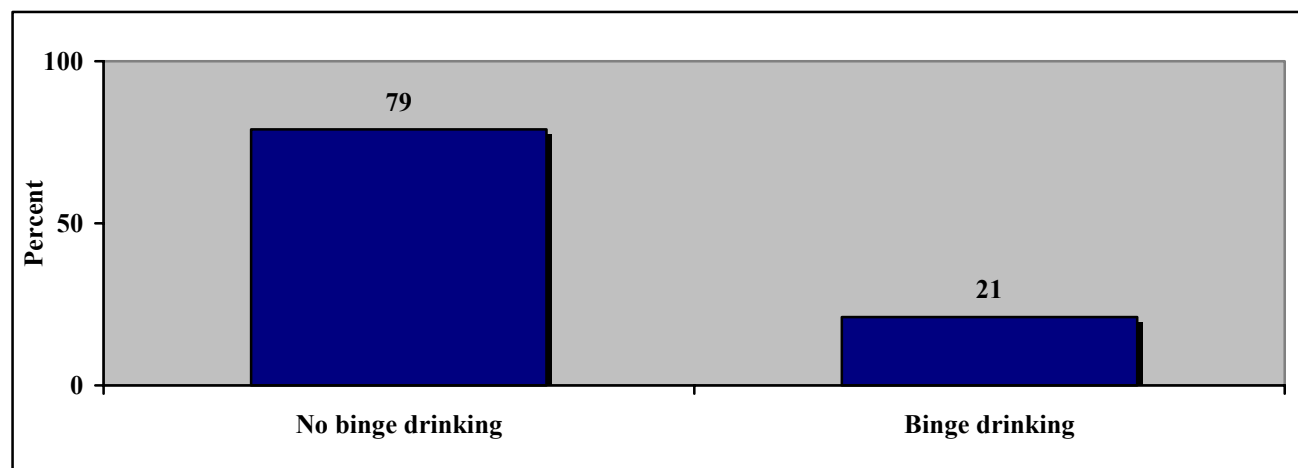
Alcohol Consumption (continued)

Question: Considering all types of alcoholic beverages, how many times during the past month did you have five or more drinks on one occasion?

<u>Table 2:</u> Binge drinking, by race and gender

		No binge drinking	Binge drinking
Race			
White	**%**	**79**	**21**
	CI	(72.9-84.9)	(15.1-27.1)
	n	231	
Non-White	**%**	**69**	**31**
	CI	(16.3-100.0)	(0.0-83.7)
	n	3	
Gender			
Female	**%**	**84**	**16**
	CI	(76.2-92.1)	(7.9-23.8)
	n	113	
Male	**%**	**76**	**24**
	CI	(67.6-83.9)	(16.1-32.5)
	n	122	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

<u>Figure 2:</u> Of those who reported drinking at least once in the thirty days preceding the survey, percentage of those who reported binge drinking, by race, and gender
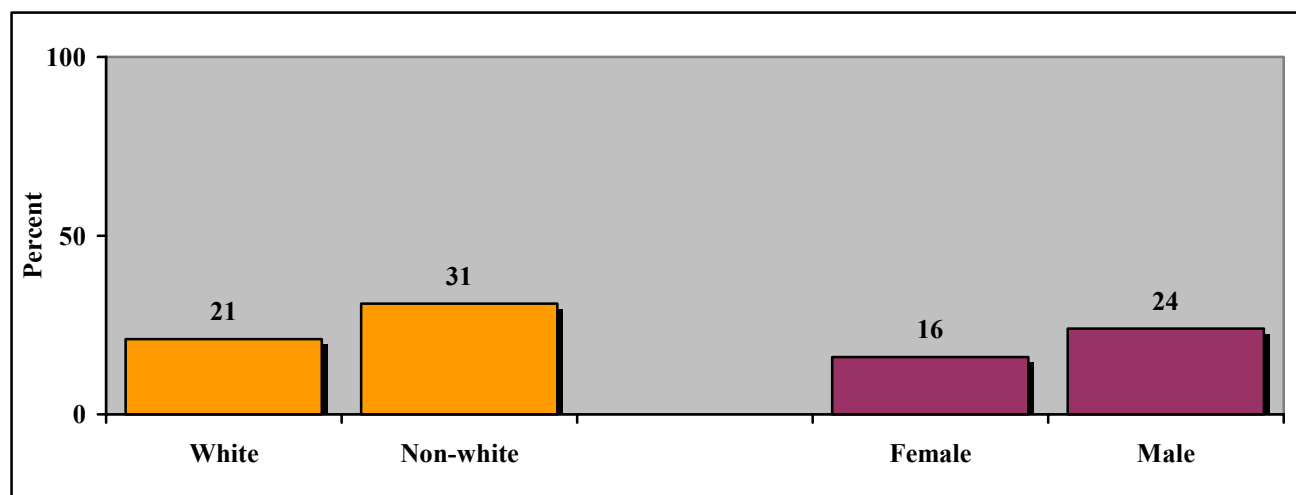
Alcohol Consumption (continued)

Table 3: Binge drinking, by age, education, and income

		No binge drinking	Binge drinking
Age			
18-39	%	70	30
	CI	(60.5-80.2)	(19.8-39.5)
	n	94	
40-64	%	87	13
	CI	(79.1-94.3)	(5.7-20.9)
	n	106	
65+	%	86	14
	CI	(71.7-100.0)	(0.0-28.3)
	n	35	
Education			
< High School Education	%	71	29
	CI	(45.0-96.7)	(3.3-55.0)
	n	13	
High School Graduate	%	77	23
	CI	(70.0-84.8)	(15.2-30.0)
	n	154	
College Graduate	%	85	15
	CI	(75.2-95.2)	(4.8-24.8)
	n	68	
Income			
<$20,000	%	76	24
	CI	(61.6-90.5)	(9.5-38.4)
	n	38	
$20,000-$50,000	%	76	24
	CI	(66.7-84.8)	(15.2-33.3)
	n	117	
>$50,000	%	87	13
	CI	(78.3-95.5)	(4.5-21.7)
	n	63	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Alcohol Consumption (continued)

Question: Considering all types of alcoholic beverages, how many times during the past month did you have five or more drinks on one occasion?

Risk Factor Definition: Binge drinking

Figure 3: Of those who reported drinking at least once in the thirty days preceding the survey, percentage of those who reported binge drinking, by age, education, and income
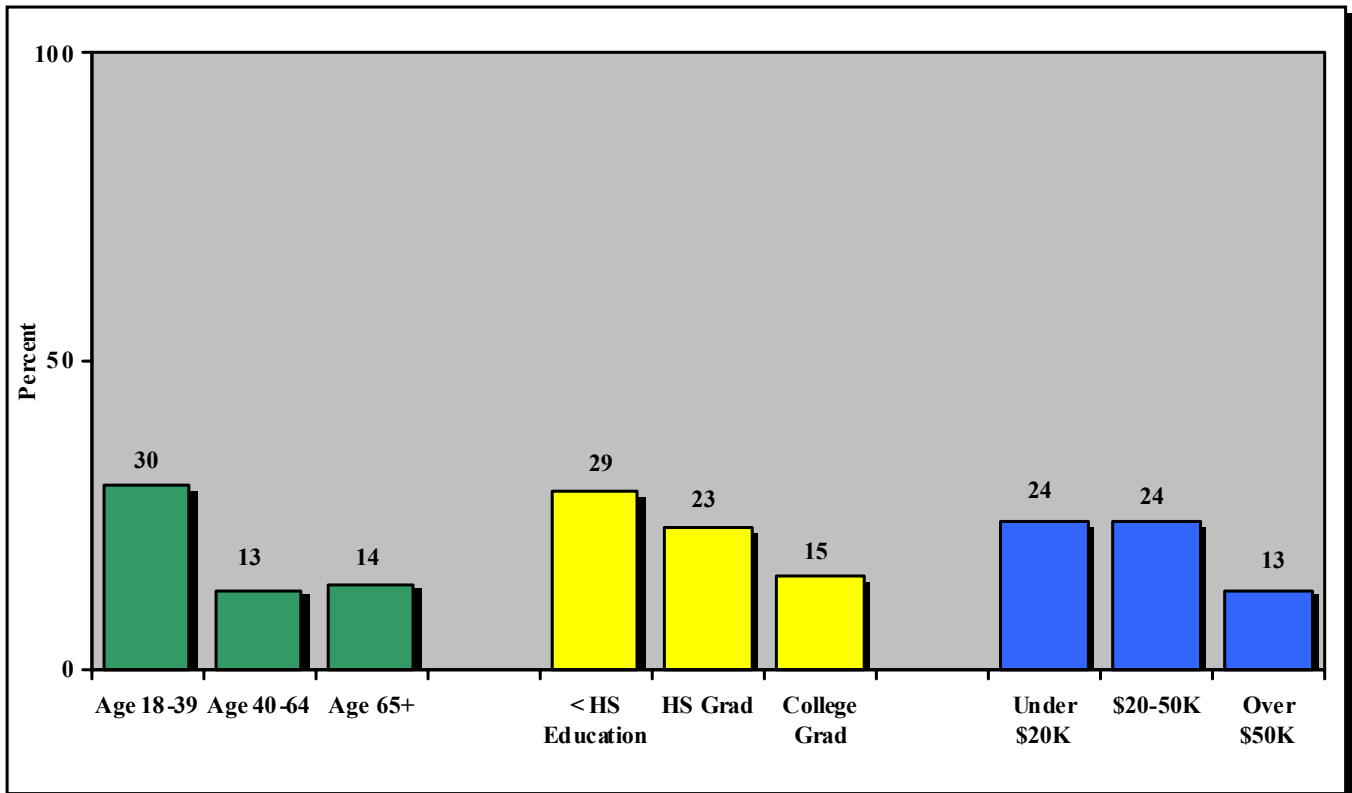
Tobacco Use

Questions regarding cigarette smoking, attempts to quit smoking, smoking in the household, and other uses of tobacco were asked as part of the Boone County Adult Health Survey. Cigarette smoking is the single most preventable cause of disease and death. Smoking is a major risk factor for heart disease, stroke, lung cancer, and chronic lung disease.

Cigarette Use

Risk Factor Definition: Ever smoked cigarettes

Question: Have you smoked at least 100 cigarettes in your entire lifetime?

At Risk: Those respondents who answered "yes" are considered at risk.

Who is at risk in Boone County?

- **Fifty percent (50%)** of the **adults** in Boone County reported that they had smoked at least 100 cigarettes in their entire lifetime.

Table 1: Ever smoked cigarettes

	Smoked less than 100	Smoked at least 100 cigarettes
%	**50**	**50**
CI	(46.0-53.3)	(46.7-54.0)
n	912	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: Ever smoked cigarettes
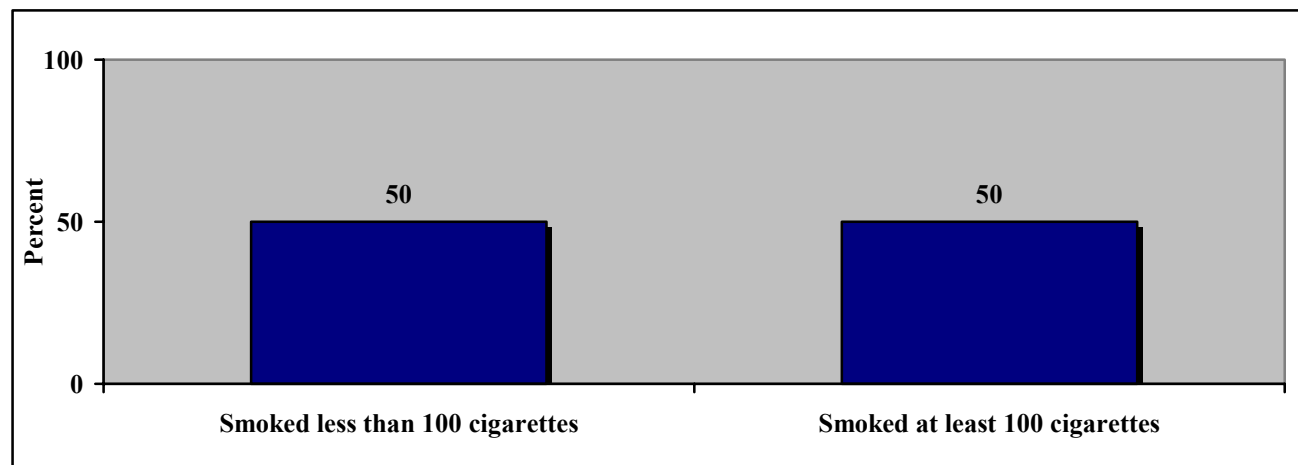
Tobacco Use (continued)

Question: Have you smoked at least 100 cigarettes in your entire lifetime?

Table 2: Ever smoked cigarettes, by race and gender

		Smoked less than 100	Smoked at least 100 cigarettes
Race			
White	%	50	50
	CI	(45.9-53.2)	(46.8-54.1)
	n	892	
Non-White	%	70	30
	CI	(45.9-94.9)	(5.1-54.1)
	n	14	
Gender			
Female	%	59	41
	CI	(54.8-63.8)	(36.2-45.2)
	n	566	
Male	%	39	60
	CI	(33.4-44.6)	(55.4-66.6)
	n	346	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 2: The percentage of those who reported that reported that they had smoked at least 100 cigarettes in their entire lifetime, by race, and gender
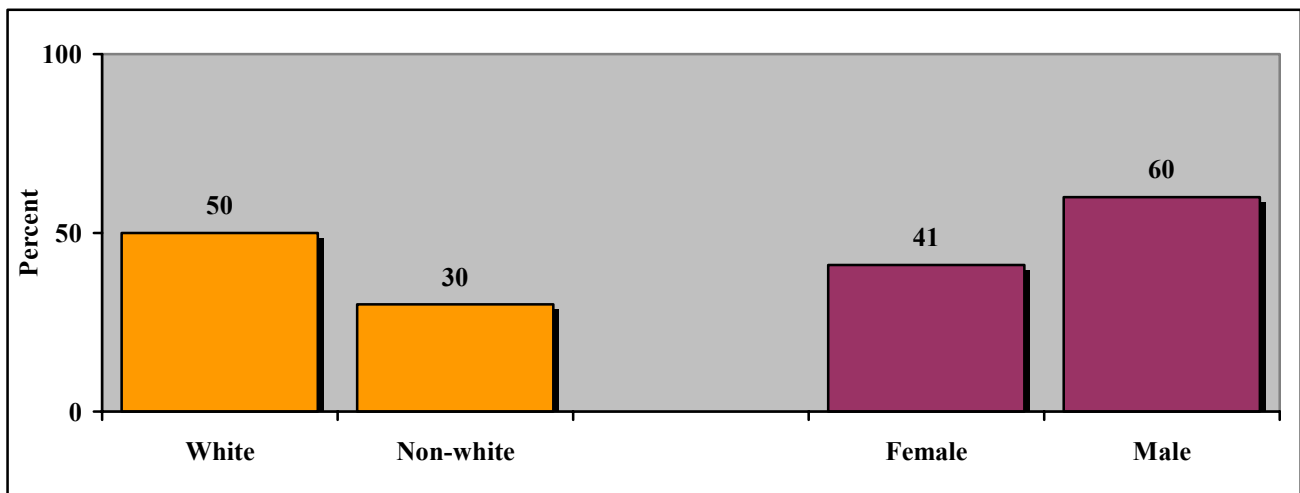
Tobacco Use (continued)

<u>Table 3</u>: Ever smoked cigarettes, by age, education, and income

		Smoked less than 100	Smoked at least 100 cigarettes
Age			
18-39	**%**	**50**	**50**
	CI	(43.3-56.5)	(43.5-56.7)
	n	263	
40-64	**%**	**46**	**54**
	CI	(40.9-51.9)	(48.1-59.1)
	n	367	
65+	**%**	**55**	**44**
	CI	(48.7-62.4)	(37.6-51.3)
	n	247	
Education			
< High School Education	**%**	**38**	**62**
	CI	(28.8-47.7)	(52.3-71.2)
	n	120	
High School Graduate	**%**	**48**	**52**
	CI	(43.9-52.8)	(47.2-56.1)
	n	615	
College Graduate	**%**	**63**	**37**
	CI	(55.1-70.7)	(29.3-44.9)
	n	172	
Income			
<$20,000	**%**	**46**	**54**
	CI	(38.3-53.6)	(46.4-61.7)
	n	220	
$20,000-$50,000	**%**	**46**	**54**
	CI	(41.0-51.9)	(48.1-59.0)
	n	392	
>$50,000	**%**	**59**	**41**
	CI	(50.3-67.0)	(33.0-49.7)
	n	149	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Tobacco Use (continued)

Question: Have you smoked at least 100 cigarettes in your entire lifetime?

Risk Factor Definition: Ever smoked cigarettes

Figure 3: The percentage of those who reported that reported that they had smoked at least 100 cigarettes in their entire lifetime, by age, education, and income
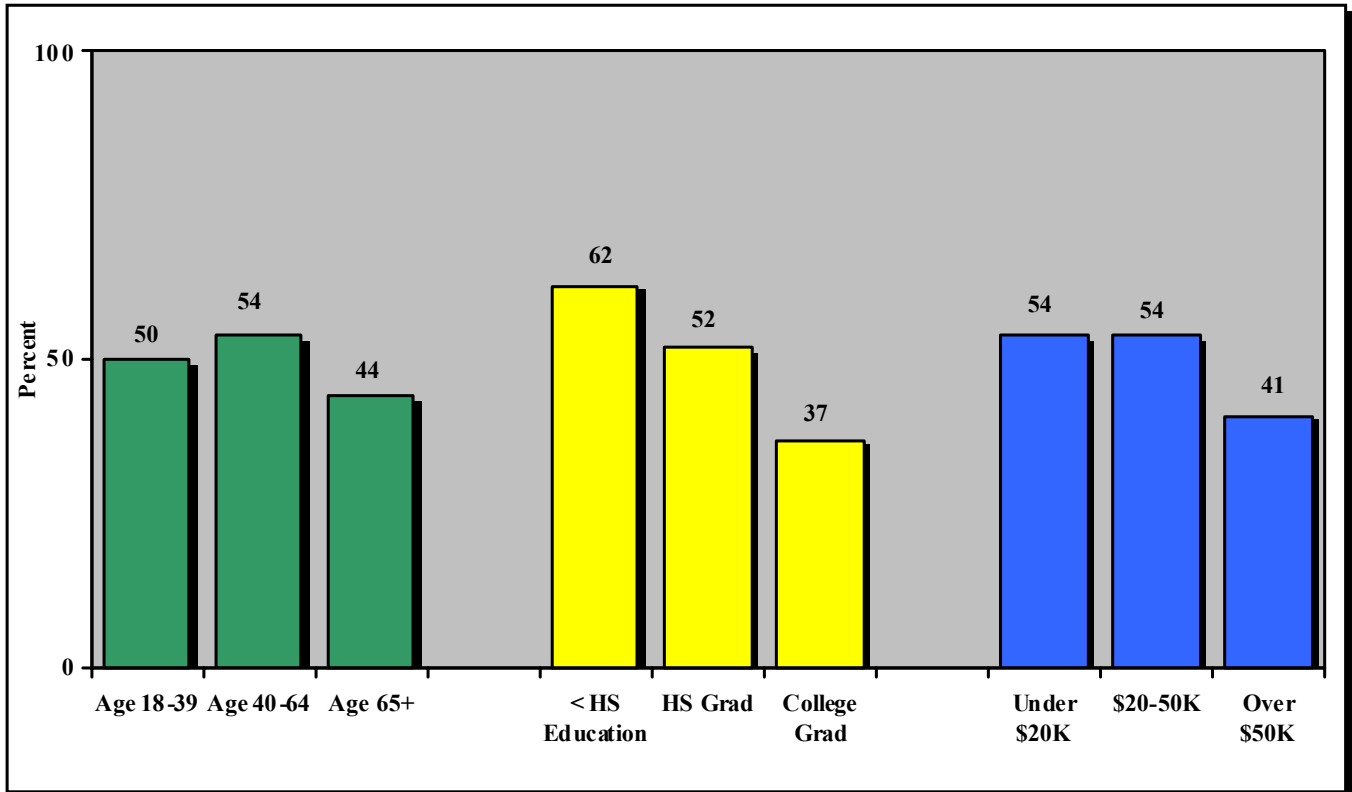
Tobacco Use (continued)

Current Cigarette Use

Risk Factor Definition: Currently smoke cigarettes

Question: Do you smoke cigarettes every day, some days, or not at all?

At Risk: Those respondents who reported that they now smoke cigarettes "every day" or "some days" (i.e. current cigarette use) are considered at risk.

Who is at risk in Boone County?

▪ **Twenty-six percent (26%)** reported current cigarette use.

Table 4: Current cigarette use

	No current cigarette use	**Current cigarette use**
%	**74**	**26**
CI	(70.4-77.0)	(23.0-29.6)
n	912	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 4: Current cigarette use
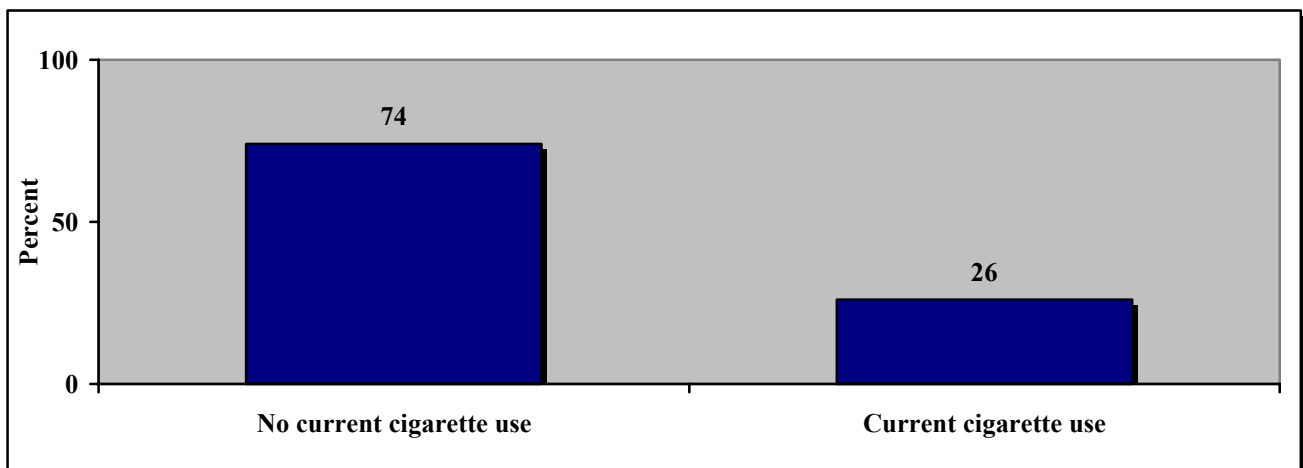
Tobacco Use (continued)

Question: Have you smoked at least 100 cigarettes in your entire lifetime?

<u>Table 5:</u> Current cigarette use, by race and gender

		No current cigarette use	Current cigarette use
Race			
White	**%**	74	26
	CI	(70.2-76.9)	(23.1-29.8)
	n	892	
Non-White	**%**	73	27
	CI	(49.0-97.3)	(2.7-51.0)
	n	14	
Gender			
Female	**%**	77	23
	CI	(73.6-81.3)	(18.7-26.4)
	n	566	
Male	**%**	70	30
	CI	(64.2-75.0)	(25.0-35.8)
	n	346	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

<u>Figure 5:</u> The percentage of those who reported current cigarette use, by race, and gender
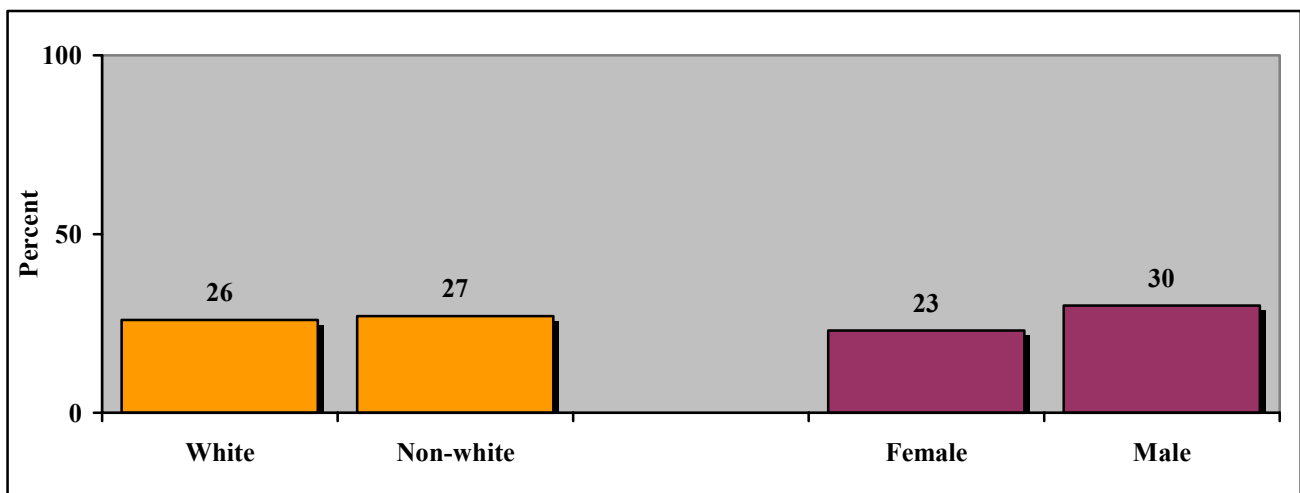
Tobacco Use (continued)

Table 6: Current cigarettes use, by age, education, and income

		No current cigarette use	Current cigarette use
Age			
18-39	%	63	37
	CI	(56.6-69.5)	(30.5-43.4)
	n	263	
40-64	%	73	27
	CI	(68.0-77.8)	(22.2-32.0)
	n	397	
65+	%	93	7
	CI	(89.4-96.0)	(4.0-10.6)
	n	247	
Education			
< High School Education	%	63	37
	CI	(52.9-72.6)	(27.4-47.1)
	n	120	
High School Graduate	%	72	28
	CI	(67.9-76.1)	(23.9-32.1)
	n	615	
College Graduate	%	88	12
	CI	(82.4-92.8)	(7.2-17.6)
	n	172	
Income			
<$20,000	%	66	34
	CI	(58.2-72.9)	(27.1-41.8)
	n	220	
$20,000-$50,000	%	70	30
	CI	(64.4-74.9)	(25.1-35.6)
	n	392	
>$50,000	%	86	14
	CI	(80.1-91.8)	(8.2-19.9)
	n	149	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Tobacco Use (continued)

Question: Do you smoke cigarettes every day, some days, or not at all?

Risk Factor Definition: Currently smoke smoked cigarettes

Figure 6: The percentage of those who reported current cigarette use, by age, education, and income
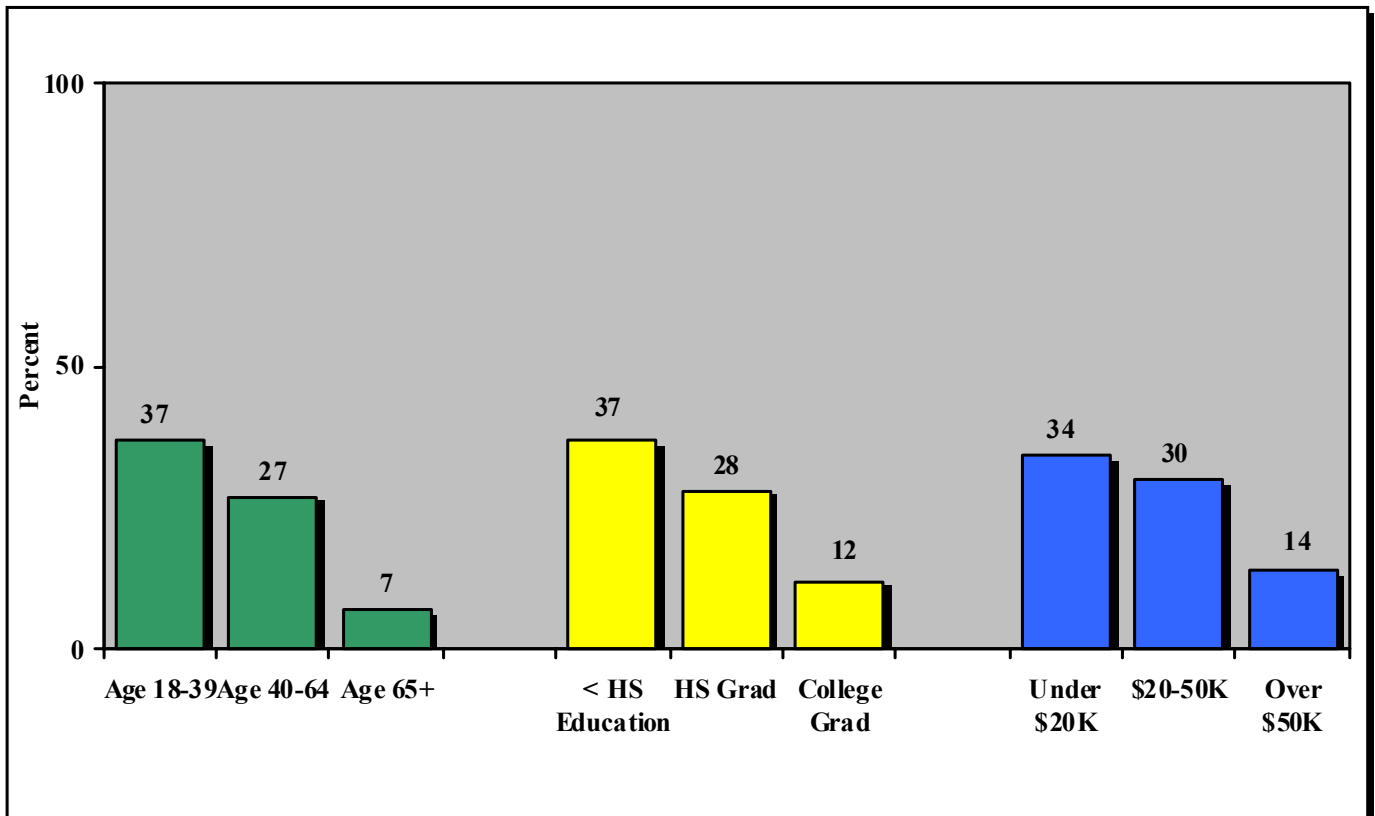
Tobacco Use (continued)

Cigarette Smoking Cessation

Risk Factor Definition: Smoking cessation

Question: During the past 12 months, have you quit smoking for one day or longer?

At Risk: **Of those adults who reported current cigarette use,** those respondents who reported that they had made "no" attempt to stop smoking for one day or longer during the twelve months preceding the survey are considered at risk for continued cigarette smoking.

Who is at risk in Boone County?

- Of those adults in Boone County who reported current cigarette use, **forty-four percent (44%)** had not quit for at least one day in the past year.

Table 7: Smoking cessation

	Have tried smoking cessation	Have not tried smoking cessation
%	**56**	**44**
CI	(49.0-63.8)	(36.2-51.0)
n	224	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 7: Smoking cessation
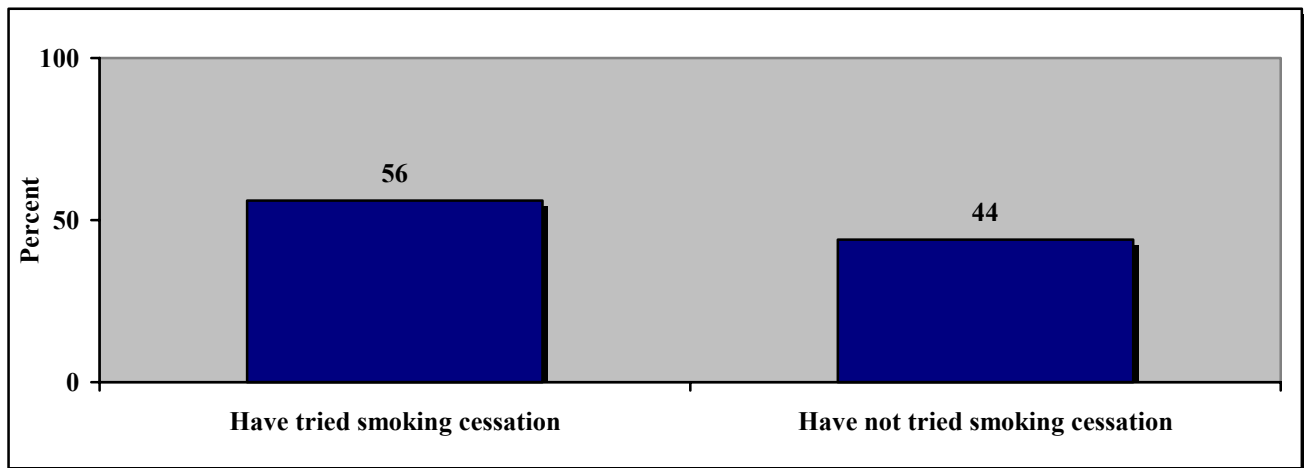
Tobacco Use (continued)

**Question: During the past 12 months, have you quit smoking for one day or longer?**

<u>Table 8:</u> Smoking cessation, by race and gender

		Have tried smoking cessation	Have not tried smoking cessation
Race			
White	**%**	56	44
	CI	(48.8-63.8)	(36.2-51.2)
	n	220	
Non-White	**%**	65	35
	CI	(12.8-100.0)	(0.0-87.2)
	n	4	
Gender			
Female	**%**	63	37
	CI	(53.4-71.8)	(28.2-46.6)
	n	125	
Male	**%**	51	49
	CI	(40.3-62.3)	(37.7-59.7)
	n	99	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

<u>Figure 8:</u> Of those adults in Boone County who reported current cigarette use, the percentage that reported they made no quit smoking attempts in the twelve months preceding survey, by race, and gender
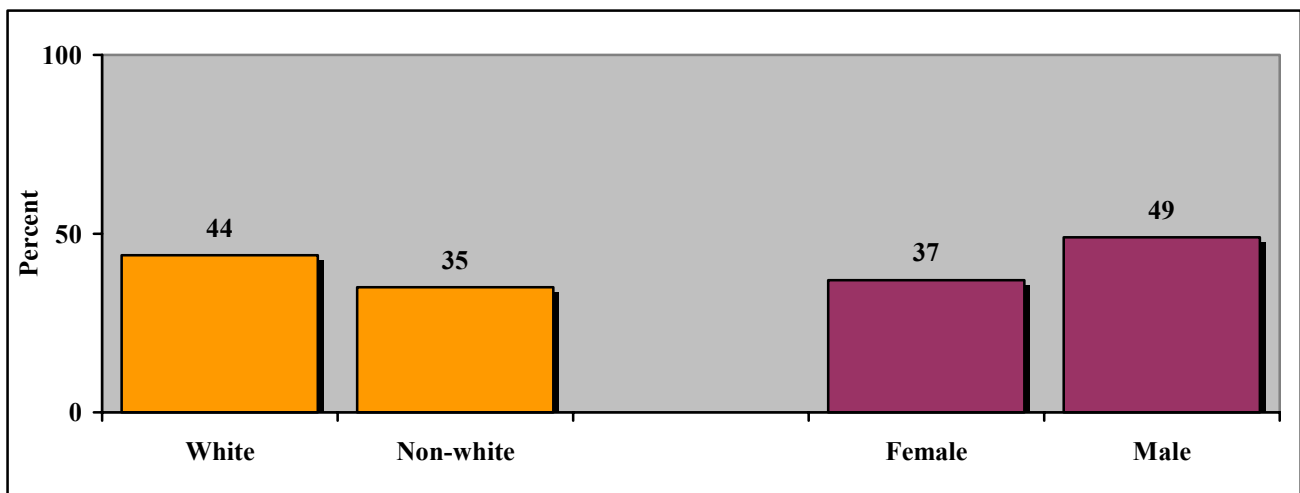
Table 9: Smoking cessation, by age, education, and income

|		Have tried smoking cessation	Have not tried smoking cessation
Age			
18-39	%	61	39
	CI	(50.4-72.4)	(27.6-49.6)
	n	94	
40-64	%	52	48
	CI	(41.7-63.1)	(36.9-58.3)
	n	109	
65+	%	43	57
	CI	(20.2-66.3)	(33.7-79.8)
	n	21	
Education			
< High School Education	%	55	45
	CI	(37.5-71.9)	(28.1-62.5)
	n	39	
High School Graduate	%	56	44
	CI	(46.8-64.5)	(35.5-53.2)
	n	160	
College Graduate	%	62	38
	CI	(41.0-82.8)	(17.2-59.0)
	n	24	
Income			
<$20,000	%	58	42
	CI	(45.4-71.2)	(28.8-54.6)
	n	73	
$20,000-$50,000	%	61	39
	CI	(50.7-71.8)	(28.2-49.3)
	n	106	
>$50,000	%	31	69
	CI	(10.3-51.8)	(48.2-89.7)
	n	21	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Tobacco Use (continued)

Question: During the past 12 months, have you quit smoking for one day or longer?

Risk Factor Definition: Smoking cessation

Figure 9: Of those adults in Boone County who reported current cigarette use, the percentage that reported they made no quit smoking attempts in the twelve months preceding survey, by age, education, and income

Tobacco Use (continued)

Smokeless Tobacco

Risk Factor Definition: Ever smoked smokeless tobacco

Question: Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?

At Risk: Those respondents who answered "yes" are considered at risk.

Who is at risk in Boone County?

- **Twenty-six percent (26%)** of the **adults** in Boone County reported that they had used or tried chewing tobacco or snuff.

Table 10: Ever used smokeless tobacco

	No use of smokeless tobacco	Have used smokeless tobacco
%	**74**	**26**
CI	(70.4-77.2)	(22.8-29.2)
n	913	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 10: Ever used smokeless tobacco
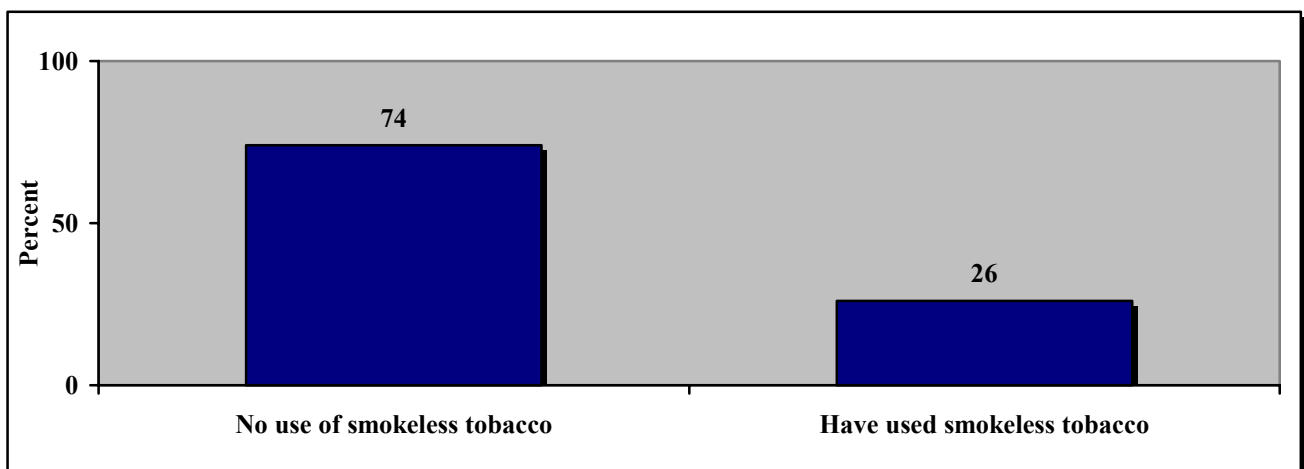
Tobacco Use (continued)

Question: Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?

Table 11: Ever used smokeless tobacco, by race and gender

		No use of smokeless tobacco	Have used smokeless tobacco
Race			
White	%	74	26
	CI	(70.4-77.3)	(22.7-29.6)
	n	893	
Non-White	%	75	25
	CI	(50.1-99.3)	0.7-49.9)
	n	14	
Gender			
Female	%	95	5
	CI	(92.9-97.0)	(3.0-7.1)
	n	567	
Male	%	50	50
	CI	(44.7-56.1)	(43.9-55.3)
	n	346	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 11: Percentage of respondents who reported that they had tried or used smokeless tobacco, by race, and gender

Tobacco Use (continued)

Table 12: Ever used smokeless tobacco, by age, education, and income

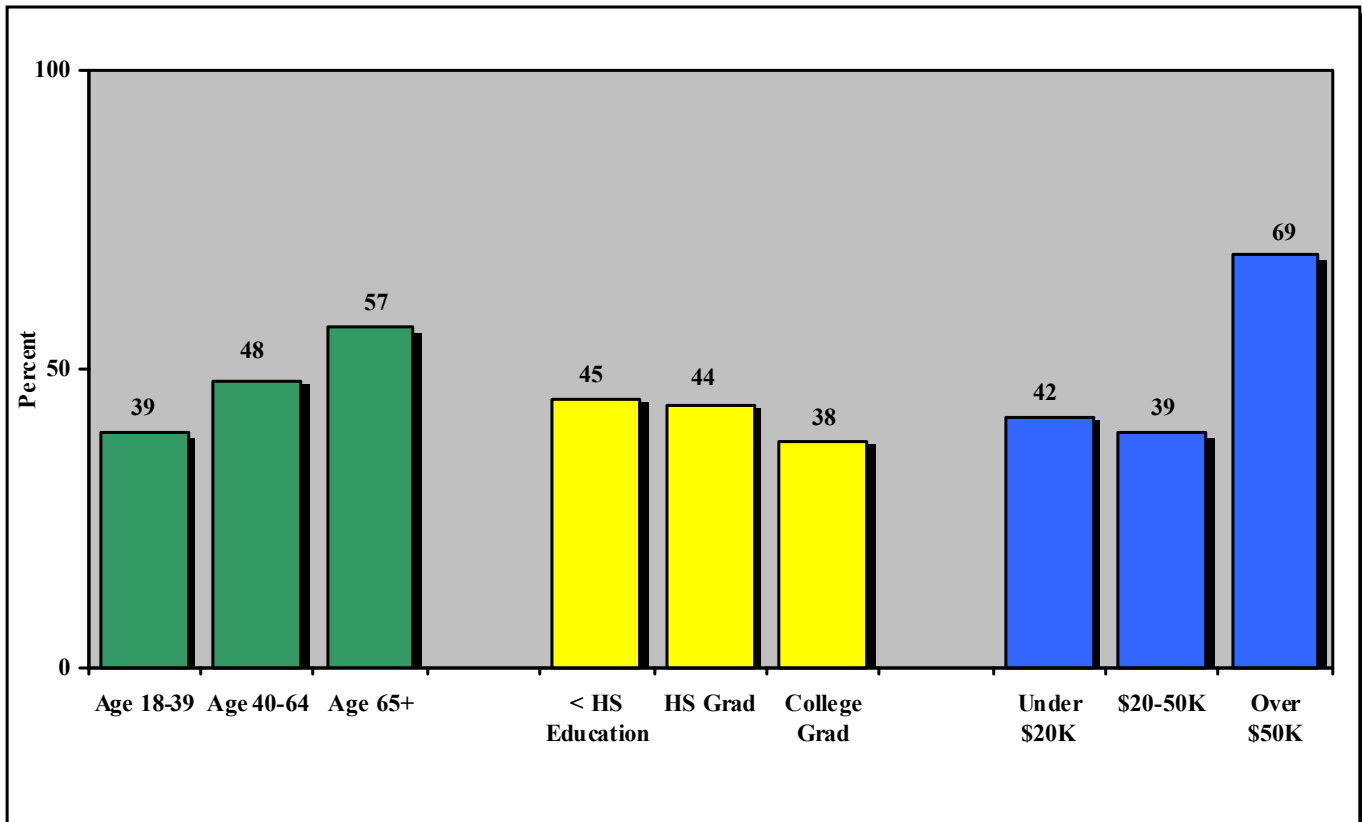|		No use of smokeless tobacco	Use of smokeless tobacco
Age			
18-39	%	63	37
	CI	(56.7-69.9)	(30.1-43.7)
	n	264	
40-64	%	76	24
	CI	(71.4-81.3)	(18.7-28.6)
	n	398	
65+	%	86	14
	CI	(81.7-91.3)	(8.7-18.3)
	n	246	
Education			
< High School Education	%	74	26
	CI	(64.7-82.6)	(17.4-35.3)
	n	121	
High School Graduate	%	74	26
	CI	(69.3-77.8)	(22.2-30.7)
	n	616	
College Graduate	%	76	24
	CI	(68.7-83.2)	(16.8-31.3)
	n	171	
Income			
<$20,000	%	72	28
	CI	(64.8-80.2)	(19.8-35.2)
	n	221	
$20,000-$50,000	%	75	25
	CI	(69.5-79.5)	(20.5-30.5)
	n	393	
>$50,000	%	72	28
	CI	(64.4-79.8)	(20.2-35.6)
	n	149	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Tobacco Use (continued)

Question: Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?

Risk Factor Definition: Ever used smokeless tobacco

Figure 12: Percentage of respondents who reported that they had tried or used smokeless tobacco, by age, education, and income

Tobacco Use (continued)

Current Smokeless Tobacco Use

Risk Factor Definition: Current use of smokeless tobacco

Question: Do you currently use chewing tobacco or snuff every day, some days, or not at all?

At Risk: **Of those respondents who reported that they had ever tried chewing tobacco or snuff,** those who answered "every day" or "some days" (i.e. current chewing tobacco or snuff users) are considered at risk.

Who is at risk in Boone County?

▪ Of those who responded that they had used or tried chewing tobacco or snuff, **twenty-nine percent (29%)** reported current chewing tobacco or snuff use.

Table 13: Current use of smokeless tobacco

	No current use of smokeless tobacco	Current use of smokeless tobacco
%	**71**	**29**
CI	(63.5-78.4)	(21.6-36.5)
n	189	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 13: Current use of smokeless tobacco
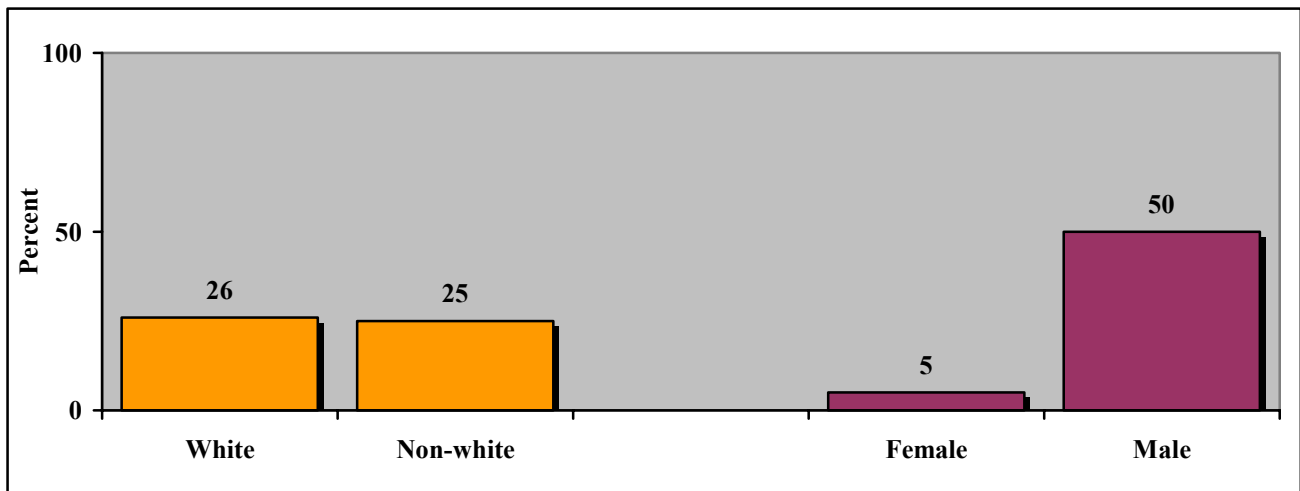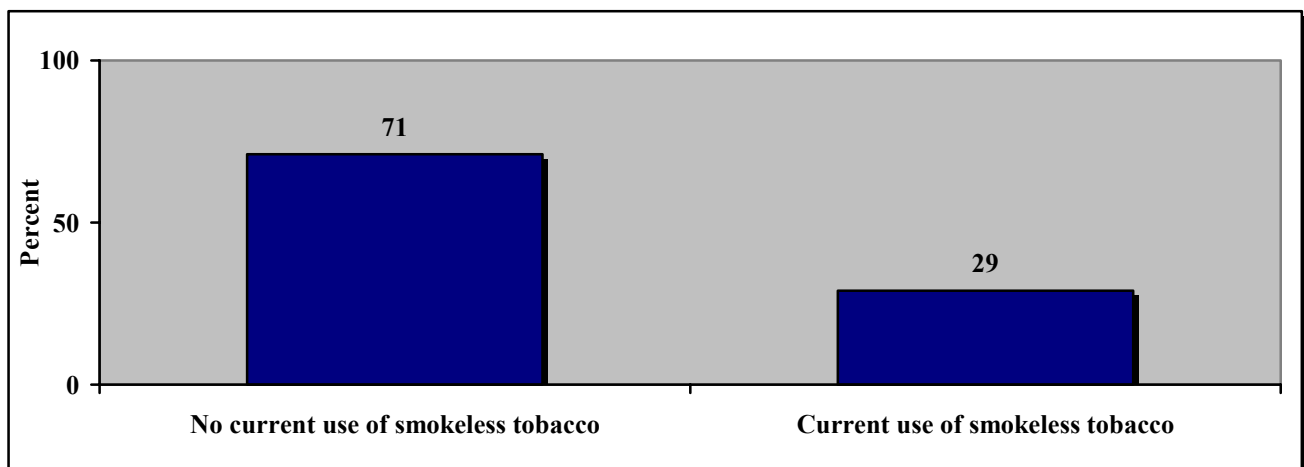
Tobacco Use (continued)

Question: **Do you currently use chewing tobacco or snuff every day, some days, or not at all?**

Table 14: Current use of smokeless tobacco, by race and gender

		No current use of smokeless tobacco	Current use of smokeless tobacco
Race			
White	%	71	29
	CI	(63.2-78.4)	(21.6-36.8)
	n	183	
Non-White	%	63	37
	CI	(6.7-100.0)	(0.0-93.3)
	n	3	
Gender			
Female	%	100	-
	CI	(100.0-100.0)	-
	n	29	
Male	%	68	32
	CI	(59.6-75.8)	(24.2-40.4)
	n	160	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 14: Of those who reported that they had used or tried chewing tobacco or snuff, the percentage of respondents who reported current chewing tobacco or snuff use, by race, and gender
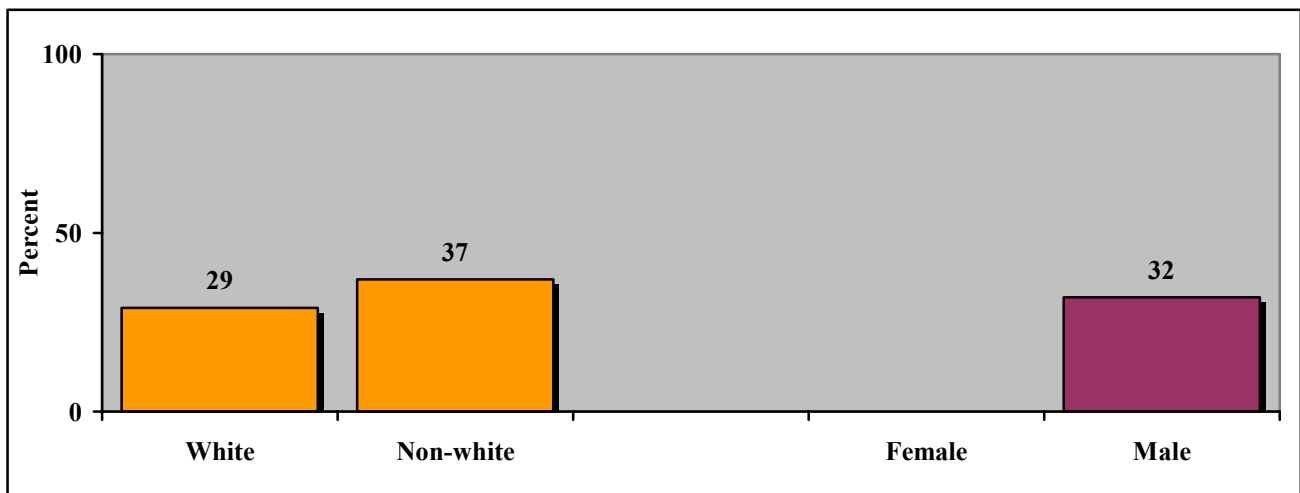
Tobacco Use (continued)

Table 15: Current use of smokeless tobacco, by age, education, and income

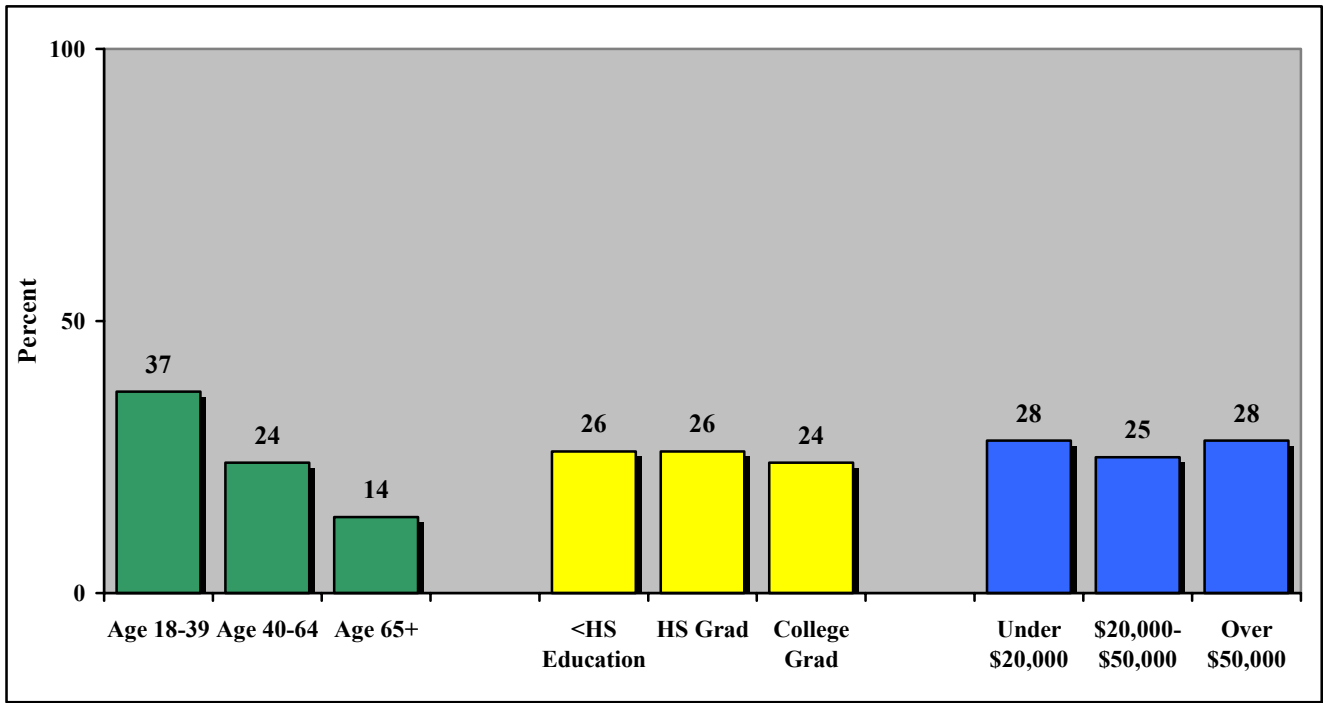|		No current use of smokeless tobacco	Current use of smokeless tobacco
Age			
18-39	%	59	41
	CI	(47.7-71.2)	(28.8-52.3)
	n	82	
40-64	%	80	20
	CI	(70.1-90.0)	(10.0-29.9)
	n	77	
65+	%	93	7
	CI	(83.0-100.0)	(0.0-17.0)
	n	29	
Education			
< High School Education	%	60	40
	CI	(39.8-80.2)	(19.8-60.2)
	n	27	
High School Graduate	%	69	31
	CI	(59.9-78.6)	(21.4-40.1)
	n	123	
College Graduate	%	91	9
	CI	(81.0-100.0)	(0.0-19.0)
	n	37	
Income			
<$20,000	%	73	27
	CI	(57.8-87.7)	(12.3-42.2)
	n	43	
$20,000-$50,000	%	66	34
	CI	(53.8-77.4)	(22.6-46.2)
	n	83	
>$50,000	%	89	11
	CI	(79.3-99.4)	(0.6-20.7)
	n	38	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Tobacco Use (continued)

Question: Do you currently use chewing tobacco or snuff every day, some days, or not at all?

Risk Factor Definition: Current use of smokeless tobacco

Figure 15: Of those who reported that they had used or tried chewing tobacco or snuff, the percentage of respondents who reported current chewing tobacco or snuff use, by age, education, and income

Tobacco Use (continued)

Cigar Smoking

Risk Factor Definition: Ever smoked a cigar

Question: Have you ever smoked a cigar, even one or two puffs?

At Risk: Those who answered "yes" are considered at risk.

Who is at risk in Boone County

- **Forty-nine percent (49%)** of the **adults** in Boone County reported that they had smoked a cigar, even one or two puffs.

Table 16: Ever smoked a cigar

	No cigar smoking	**Have smoked a cigar**
%	**51**	**49**
CI	(47.8-55.0)	(45.0-52.2)
n	912	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 16: Ever smoked a cigar
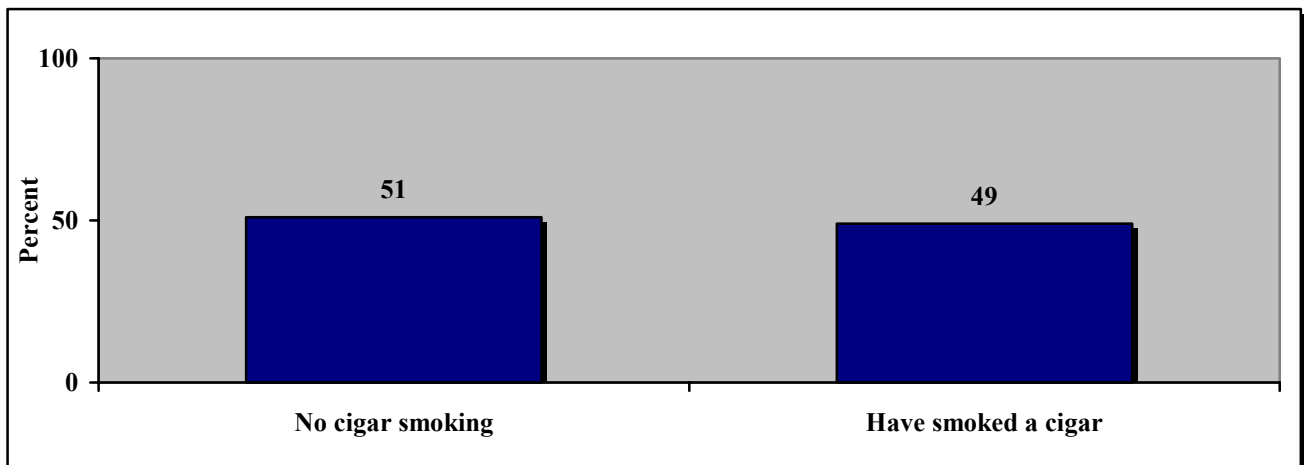
Tobacco Use (continued)

**Question: Have you ever smoked a cigar, even one or two puffs?**

Table 17: Ever smoked a cigar, by race and gender

		No cigar smoking	Have smoked a cigar
Race			
White	%	51	48
	CI	(47.6-55.0)	(45.0-52.4)
	n	892	
Non-White	%	51	49
	CI	(23.5-79.1)	(20.9-76.5)
	n	14	
Gender			
Female	%	77	23
	CI	(73.4-81.4)	(18.6-26.6)
	n	566	
Male	%	23	77
	CI	(17.9-27.5)	(72.5-82.1)
	n	346	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 17: Percentage of respondents who reported that they had smoked a cigar, by race, and gender
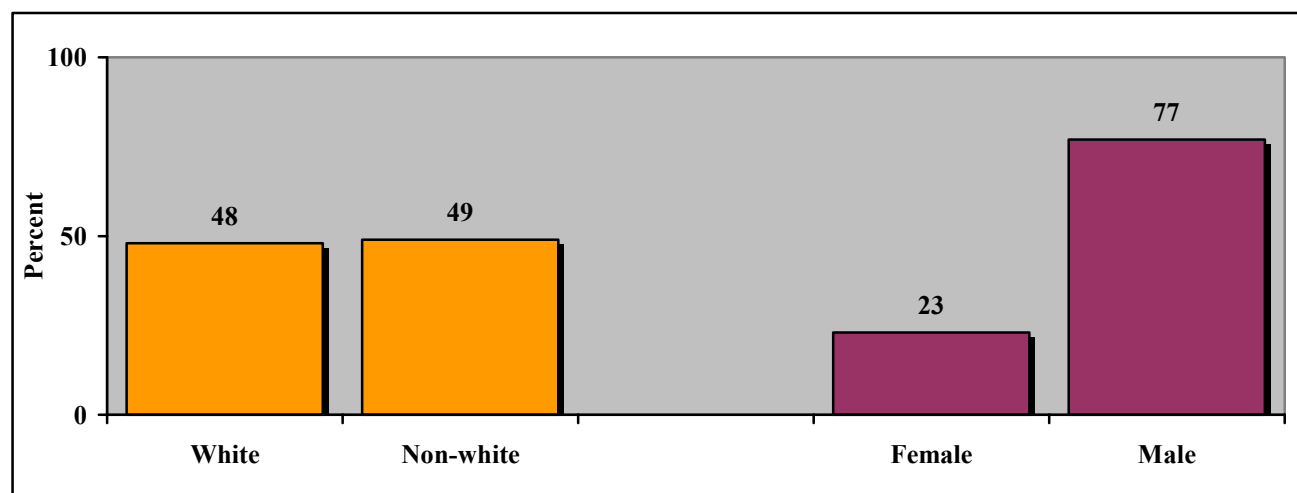
Table 18: Ever smoked a cigar, by age, education, and income

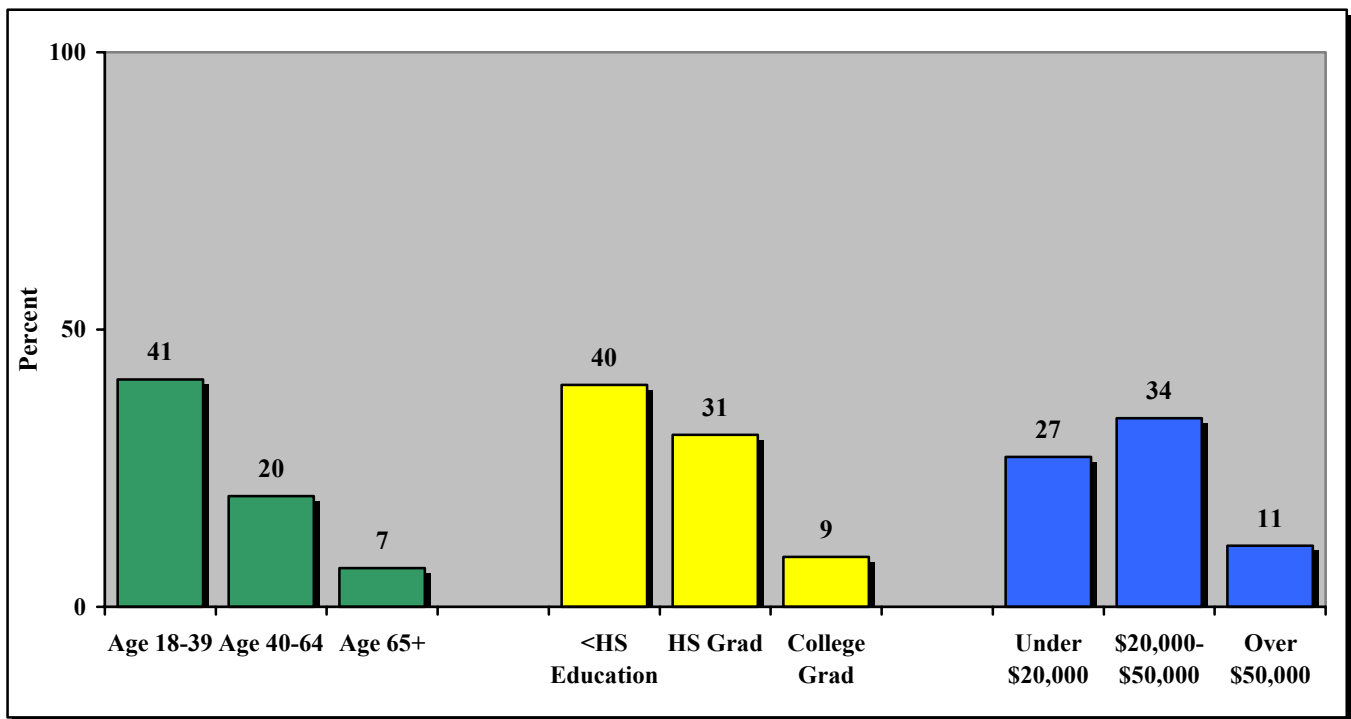|		No cigar smoking	Have smoked a cigar
Age			
18-39	%	49	51
	CI	(42.0-55.2)	(44.8-58.0)
	n	264	
40-64	%	51	49
	CI	(45.0-56.0)	(44.0-55.0)
	n	398	
65+	%	58	42
	CI	(50.7-64.4)	(35.6-49.3)
	n	246	
Education			
< High School Education	%	49	51
	CI	(38.9-58.5)	(41.5-61.1)
	n	121	
High School Graduate	%	53	47
	CI	(48.4-57.4)	(42.6-51.6)
	n	615	
College Graduate	%	48	52
	CI	(39.8-56.1)	(43.9-60.2)
	n	171	
Income			
<$20,000	%	56	44
	CI	(48.5-64.1)	(35.9-51.5)
	n	221	
$20,000-$50,000	%	49	51
	CI	(43.1-54.0)	(46.0-56.9)
	n	393	
>$50,000	%	47	53
	CI	(39.0-55.8)	(44.2-61.0)
	n	149	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Tobacco Use (continued)

Question: Have you ever smoked a cigar, even one or two puffs?

Risk Factor Definition: Ever smoked a cigar

Figure 18: Percentage of respondents who reported that they had smoked a cigar, by age, education, and income

Tobacco Use (continued)

Current Cigar Smoking

Risk Factor Definition: Current cigar smoking

Question: Do you smoke cigars every day, some days, or not at all?

At Risk: **Of those respondents who reported that they had ever smoked a cigar,** those who answered "every day" or "some days" (i.e. current cigar smokers) are considered at risk.

Who is at risk in Boone County?

▪ Of those who reported that they had smoked cigars, **thirteen percent (13%)** of the adults in Boone County reported current cigar use.

Table 19: Current cigar smoking

	No current cigar smoking	**Current cigar smoking**
%	**87**	**13**
CI	(83.6-91.4)	(8.6-16.4)
n	390	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 19: Current cigar smoking
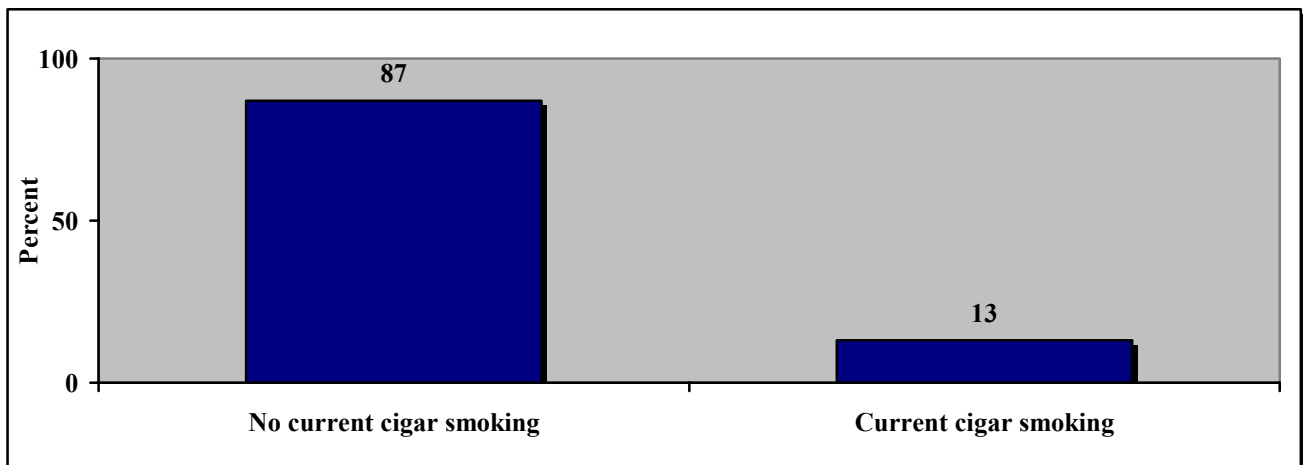
Tobacco Use (continued)

Question: **Do you smoke cigars every day, some days, or not at all?**

Table 20: Current cigar smoking, by race and gender

		No current cigar smoking	Current cigar smoking
Race			
White	%	87	13
	CI	(83.3-91.2)	(8.8-16.7)
	n	381	
Non-White	%	100	-
	CI	(100.0-100.0)	-
	n	6	
Gender			
Female	%	95	5
	CI	(89.9-99.3)	(0.7-10.1)
	n	121	
Male	%	85	15
	CI	(80.3-90.1)	(9.9-19.7)
	n	269	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 20: Of those who respondended that they had smoked cigars, the percentage of respondents who reported current cigar use, by race, and gender
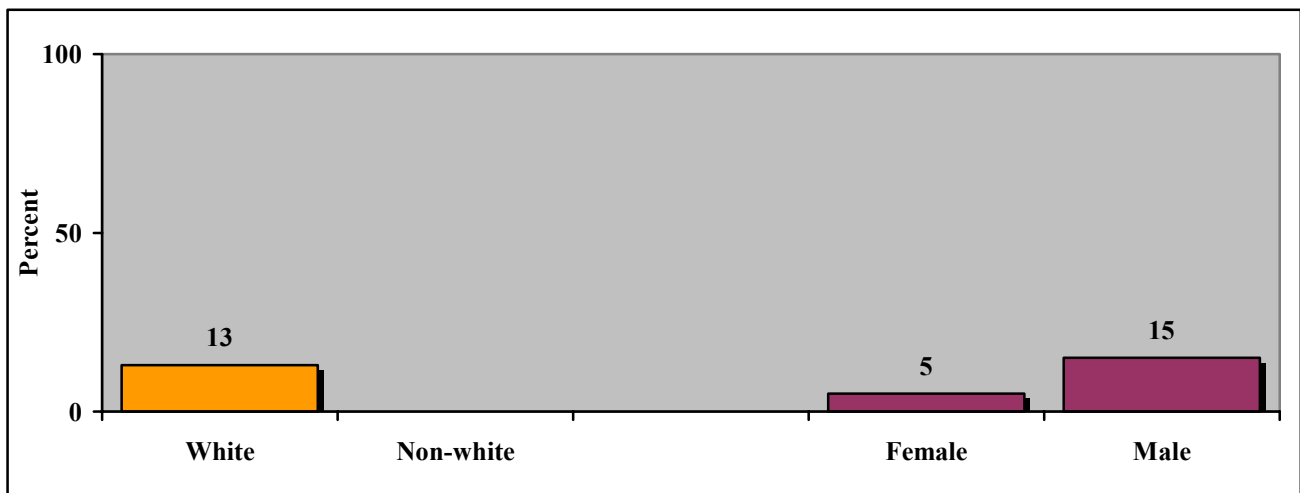
Tobacco Use (continued)

Table 21: Current cigar smoking, by age, education, and income

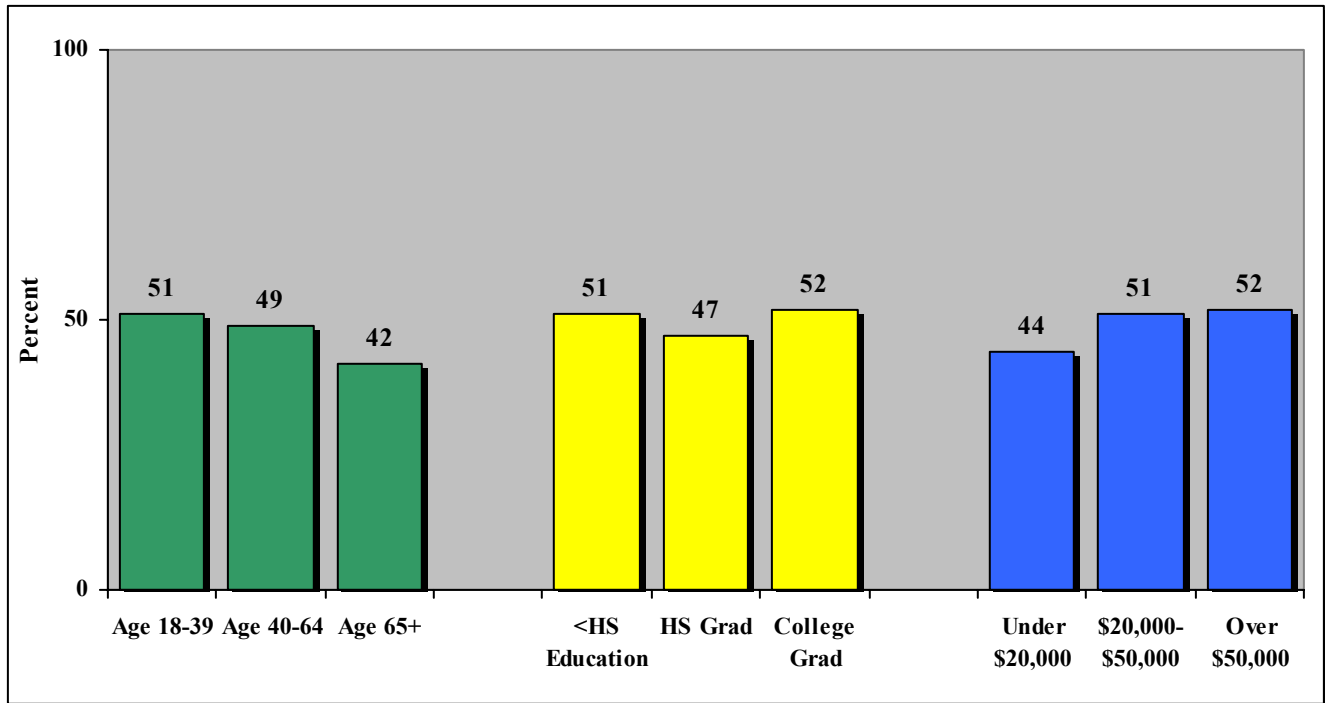|		No current cigar smoking	Current cigar smoking
Age			
18-39	%	81	19
	CI	(73.0-88.9)	(11.1-27.0)
	n	123	
40-64	%	90	10
	CI	(84.5-94.6)	(5.4-15.5)
	n	174	
65+	%	96	4
	CI	(91.8-100.0)	(0.0-8.2)
	n	92	
Education			
< High School Education	%	85	15
	CI	(73.9-96.6)	(3.4-26.1)
	n	56	
High School Graduate	%	88	12
	CI	(83.0-92.8)	(7.2-17.0)
	n	251	
College Graduate	%	90	10
	CI	(83.1-96.3)	(3.7-16.9)
	n	81	
Income			
<$20,000	%	87	13
	CI	(77.2-96.7)	(3.3-22.8)
	n	85	
$20,000-$50,000	%	86	14
	CI	(79.6-91.5)	(8.5-20.4)
	n	179	
>$50,000	%	89	11
	CI	(82.3-96.7)	(3.3-17.7)
	n	74	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Tobacco Use (continued)

Question: Do you smoke cigars every day, some days, or not at all?

Risk Factor Definition: Current cigar smoking

Figure 21: Of those who respondended that they had smoked cigars, the percentage of respondents who reported current cigar use, by age, education, and income

Tobacco Use (continued)

Pipe Smoking

Risk Factor Definition: Ever smoked a pipe

Question: Have you ever smoked tobacco in a pipe, even one or two puffs?

At Risk: Those who answered "yes" are considered at risk.

Who is at risk in Boone County

- **Twenty-four percent (24%)** of the **adults** in Boone County reported that they had smoked tobacco in a pipe, even one or two puffs.

Table 22: Ever smoked a pipe

	No pipe smoking	Have smoked a pipe
%	**76**	**24**
CI	(73.2-79.4)	(20.6-26.8)
n	912	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 22: Ever smoked a pipe

Tobacco Use (continued)

Question: Have you ever smoked tobacco in a pipe, even one or two puffs?

Table 23: Ever smoked a pipe, by race and gender

		No pipe smoking	Have smoked a pipe
Race			
White	**%**	78	24
	CI	(72.9-79.3)	(20.7-27.0)
	n	892	
Non-White	**%**	86	14
	CI	(67.0-100.0)	(0.0-33.0)
	n	14	
Gender			
Female	**%**	94	6
	CI	(91.7-96.0)	(4.0-8.3)
	n	345	
Male	**%**	57	43
	CI	(51.3-62.5)	(37.5-48.7)
	n	567	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 23: Percentage of respondents who reported that they had smoked a pipe, by race, and gender
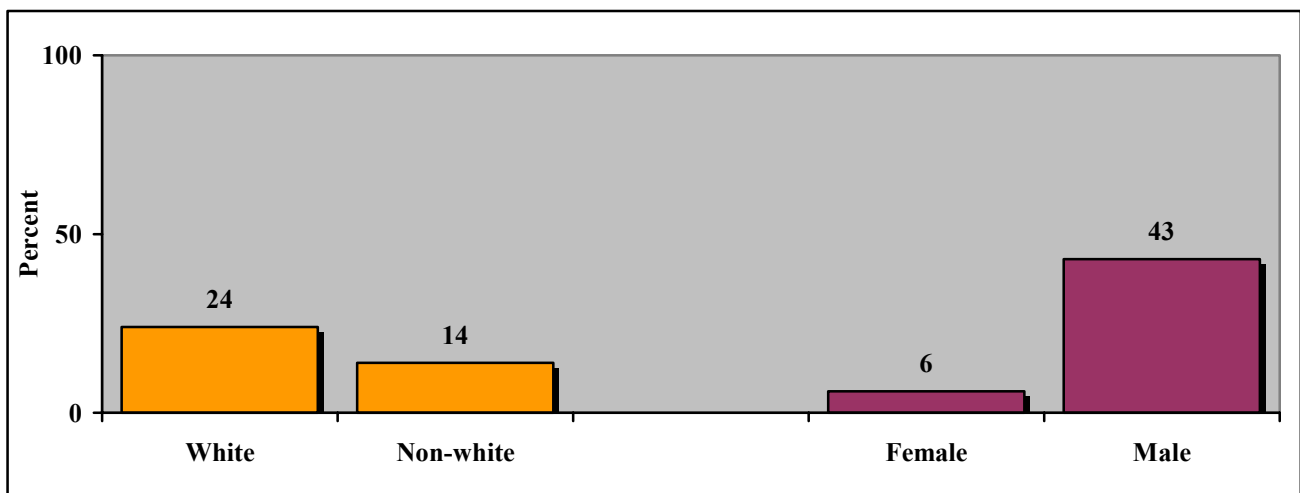
Tobacco Use (continued)

Table 24: Ever smoked a pipe, by age, education, and income

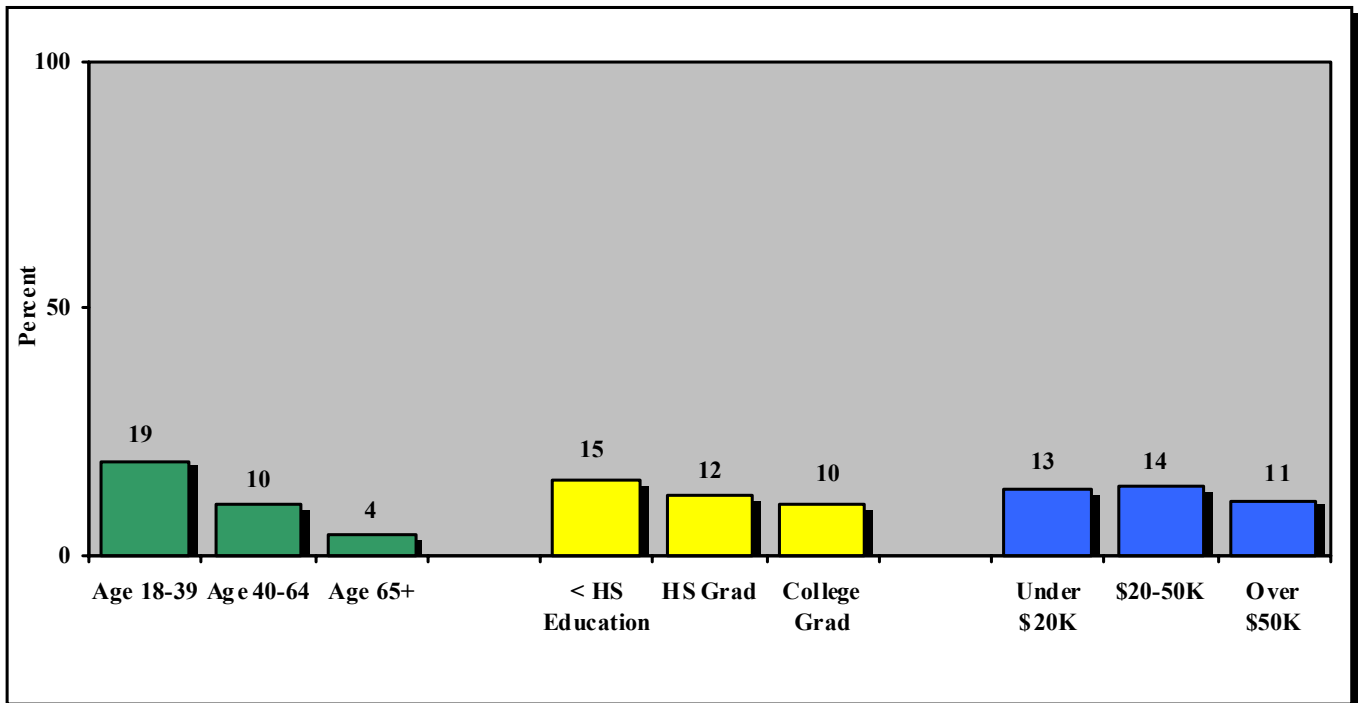|		No pipe smoking	Have smoked a pipe
Age			
18-39	%	85	15
	CI	(79.8-89.6)	(10.4-20.2)
	n	263	
40-64	%	73	27
	CI	(68.4-78.3)	(21.7-31.6)
	n	398	
65+	%	68	32
	CI	(61.2-74.3)	(25.7-38.8)
	n	246	
Education			
< High School Education	%	67	33
	CI	(58.1-76.7)	(23.3-41.9)
	n	121	
High School Graduate	%	78	22
	CI	(73.7-81.3)	(18.7-26.3)
	n	616	
College Graduate	%	79	21
	CI	(72.2-85.3)	(14.7-27.8)
	n	170	
Income			
<$20,000	%	78	22
	CI	(71.7-84.8)	(15.2-28.3)
	n	221	
$20,000-$50,000	%	76	24
	CI	(71.7-81.1)	(18.9-28.3)
	n	392	
>$50,000	%	77	23
	CI	(69.4-83.8)	(16.2-30.6)
	n	149	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Tobacco Use (continued)

**Question:**   Have you ever smoked a pipe, even one or two puffs?

Risk Factor Definition: Ever smoked a pipe

Figure 24: Percentage of respondents who reported that they had smoked a pipe, by age, education, and income

Tobacco Use (continued)

Current Pipe Smoking

Risk Factor Definition: Current pipe smoking

Question: Do you now smoke a pipe every day, some days, or not at all?

At Risk: **Of those respondents who reported that they had ever smoked a pipe,** those adults who answered "every day" or "some days" (i.e. current pipe smokers) are considered at risk.

Who is at risk in Boone County?

▪   Of those who responded that they had smoked tobacco in a pipe, **seven percent (7%)** of the adults in Boone County reported current pipe smoking.

Table 25: Current pipe smoking

	No current pipe smoking	**Current pipe smoking**
%	**93**	**7**
CI	(89.4-97.3)	(2.7-10.6)
n	202	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 25: Current pipe smoking
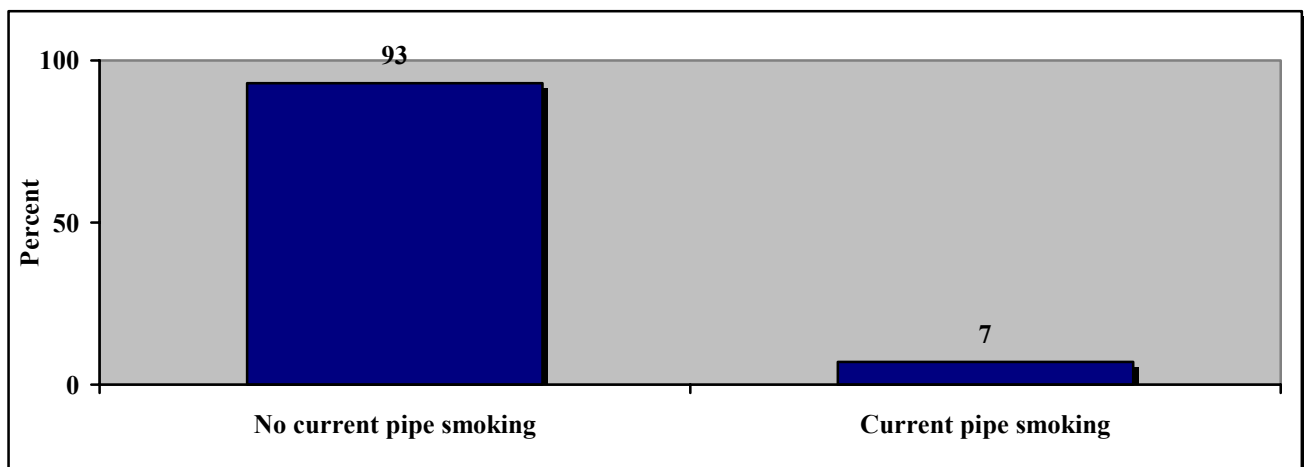
Tobacco Use (continued)

Question: **Do you now smoke a pipe every day, some days, or not at all?**

Table 26: Current pipe smoking, by race and gender

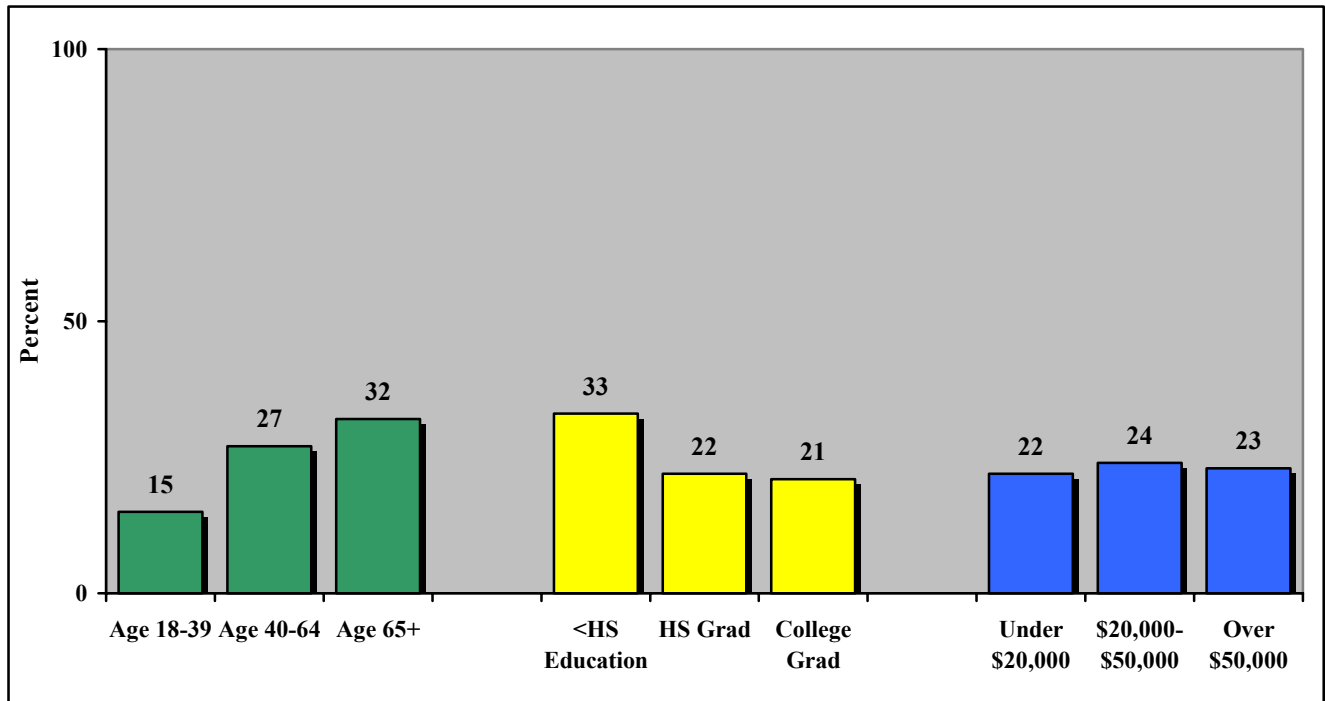|		No current pipe smoking	Current pipe smoking
Race			
White	**%**	**93**	**7**
	CI	(89.3-97.2)	(2.8-10.7)
	n	198	
Non-White	**%**	**100**	**-**
	CI	(100.0-100.0)	**-**
	n	2	
Gender			
Female	**%**	**94**	**6**
	CI	(82.2-100.0)	(0.0-17.8)
	n	40	
Male	**%**	**93**	**7**
	CI	(89.1-97.4)	(2.5-10.9)
	n	162	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 26: Of those who responded that they had smoked tobacco in a pipe, the percentage of respondents who reported current pipe smoking, by race, and gender
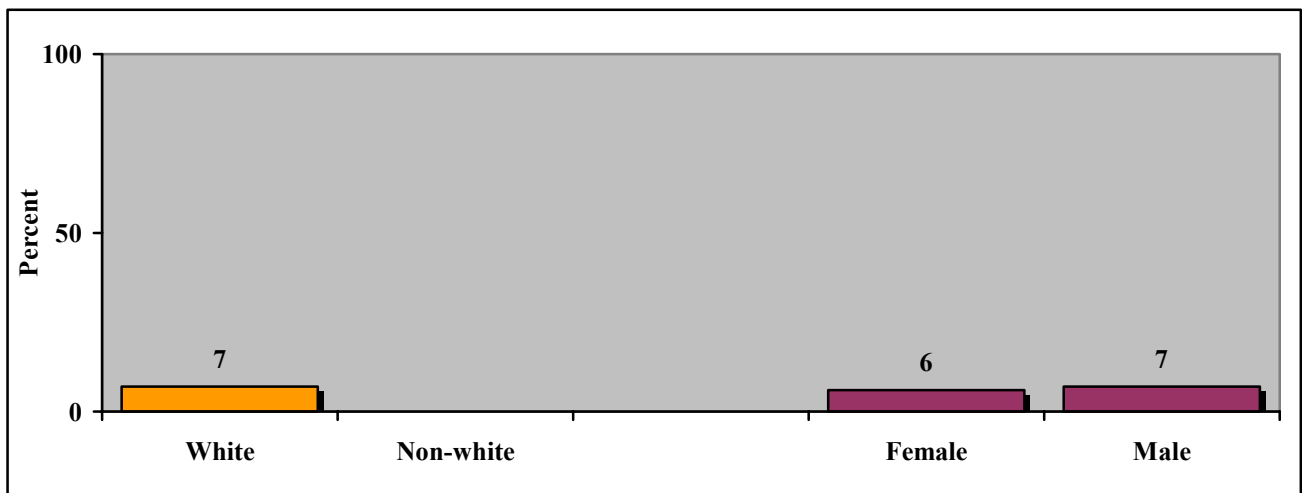
Table 27: Current pipe smoking, by age, education, and income

		No current pipe smoking	Current pipe smoking
Age			
18-39	%	89	11
	CI	(78.5-100.0)	(0.0-21.5)
	n	36	
40-64	%	94	6
	CI	(88.1-98.9)	(1.1-11.9)
	n	96	
65+	%	96	4
	CI	(90.9-100.0)	(0.0-9.1)
	n	69	
Education			
< High School Education	%	82	18
	CI	(68.7-96.2)	(3.8-31.3)
	n	37	
High School Graduate	%	97	3
	CI	(93.0-100.0)	(0.0-7.0)
	n	126	
College Graduate	%	97	3
	CI	(91.4-100.0)	(0.0-8.6)
	n	37	
Income			
<$20,000	%	92	8
	CI	(81.3-100.0)	(0.0-18.7)
	n	45	
$20,000-$50,000	%	94	6
	CI	(87.8-99.2)	(0.8-12.2)
	n	89	
>$50,000	%	97	3
	CI	(91.7-100.0)	(0.0-8.3)
	n	34	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Tobacco Use (continued)

**Question:**   Do you now smoke a pipe every day, some days, or not at all?

Risk Factor Definition: Current pipe smoking

Figure 27: Of those who responded that they had smoked tobacco in a pipe, the percentage of respondents who reported current pipe smoking, by age, education, and income

Tobacco Use (continued)

Smoking in Home

Risk Factor Definition: Smoking is allowed in the home

Question: Which statement best describes the rules of smoking inside your home?

At Risk: Those who did not indicate that smoking is not allowed anywhere inside the homes are considered at risk.

Who is at risk in Boone County?

- **Thirty-four percent (34%)** of the adults in Boone County reported that smoking is allowed inside their home.

Table 28: Smoking in the home

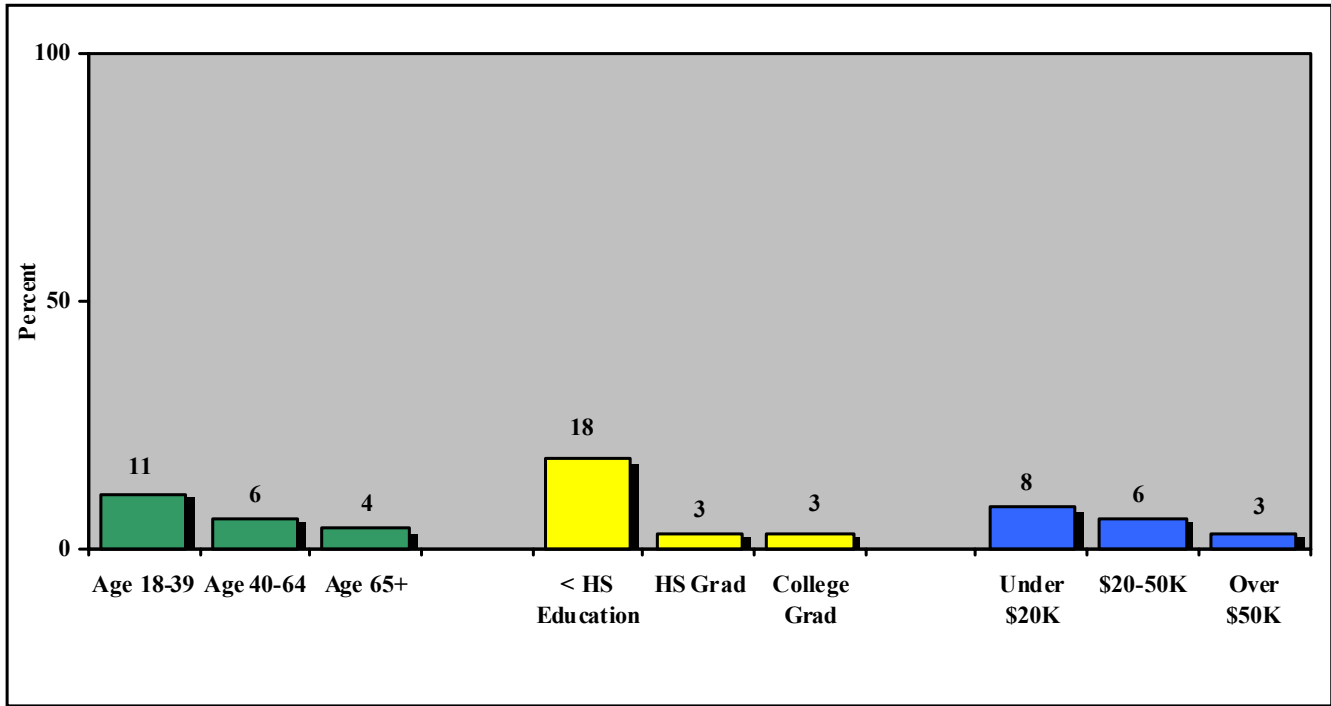|	No smoking allowed in the home	Smoking in the home
%	**66**	**34**
CI	(62.6-69.4)	(30.6-37.4)
n	914	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 28: Smoking in the home
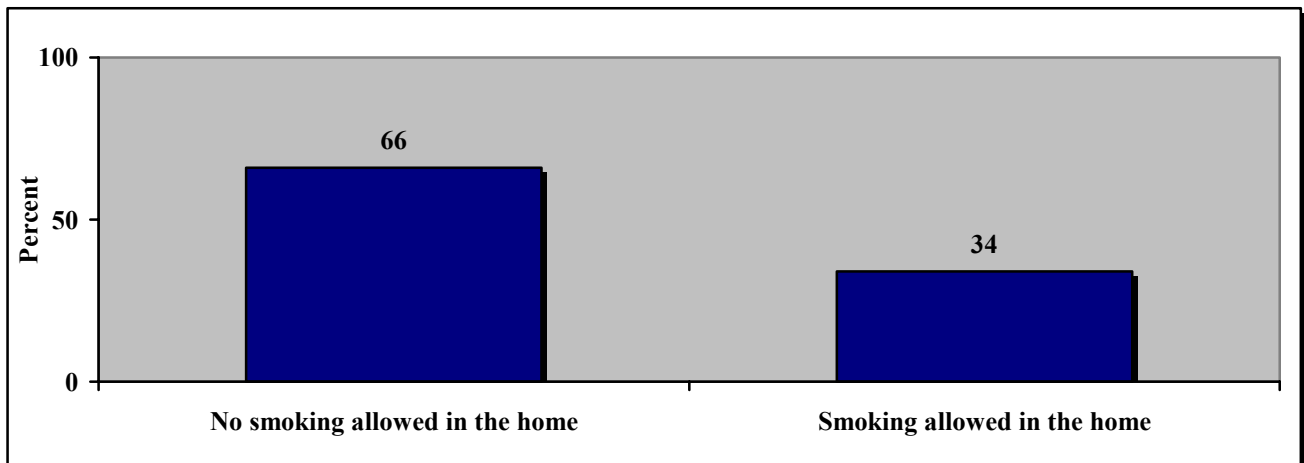
Tobacco Use (continued)

Question: **Which statement best describes the rules of smoking inside your home?**

<u>Table 29</u>: Smoking in the home, by race and gender

		No smoking allowed in the home	Smoking in the home
Race			
White	**%**	66	34
	CI	(62.7-69.6)	(30.4-37.3)
	n	895	
Non-White	**%**	60	40
	CI	(33.1-86.4)	(13.6-66.9)
	n	14	
Gender			
Female	**%**	67	33
	CI	(63.0-71.4)	(28.6-37.0)
	n	568	
Male	**%**	65	35
	CI	(59.2-70.2)	(29.8-40.8)
	n	346	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

<u>Figure 29</u>: Percentage of respondents who reported that smoking is allowed in the home, by race, and gender
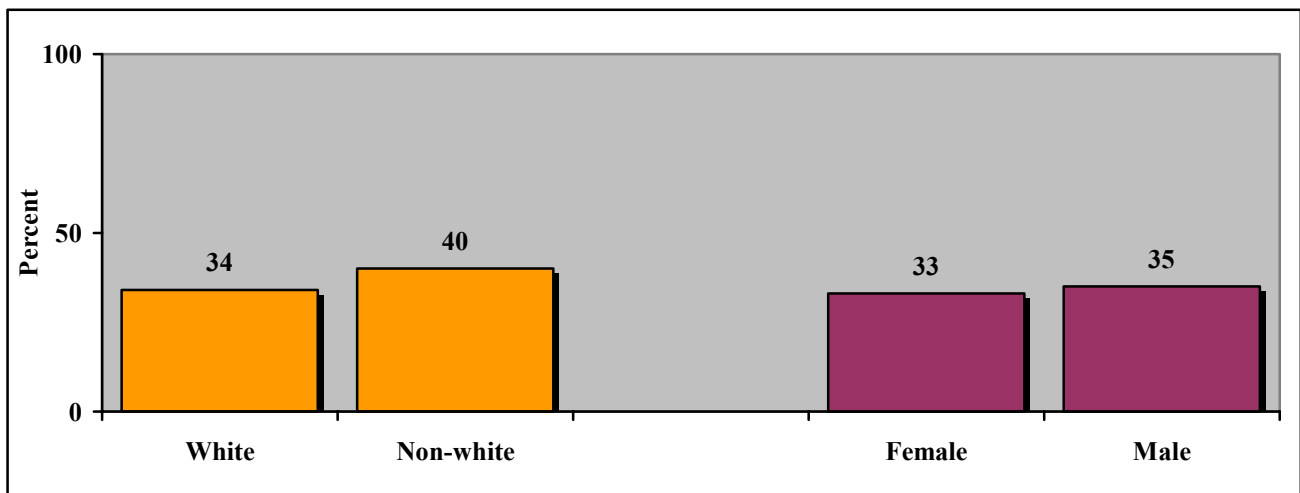
Table 30: Smoking in the home, by age, education, and income

		No smoking allowed in the home	Smoking in the home
Age			
18-39	%	68	32
	CI	(61.4-73.8)	(26.2-38.6)
	n	264	
40-64	%	64	36
	CI	(59.1-69.4)	(30.6-40.9)
	n	398	
65+	%	67	33
	CI	(60.4-73.2)	(26.8-39.6)
	n	247	
Education			
< High School Education	%	54	46
	CI	(44.3-63.9)	(36.1-55.7)
	n	121	
High School Graduate	%	65	35
	CI	(60.7-69.2)	(30.8-39.3)
	n	616	
College Graduate	%	77	23
	CI	(70.2-84.0)	(16.0-29.8)
	n	172	
Income			
<$20,000	%	62	38
	CI	(54.8-69.5)	(30.5-45.2)
	n	220	
$20,000-$50,000	%	62	38
	CI	(57.1-67.7)	(32.2-42.9)
	n	393	
>$50,000	%	80	20
	CI	(73.9-87.0)	(13.0-26.1)
	n	149	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Tobacco Use (continued)

**Question:**   Which statement best describes the rules of smoking inside your home?

Risk Factor Definition: Smoking is allowed in the home

Figure 30: Percentage of respondents who reported that smoking is allowed in the home, by age, education, and income
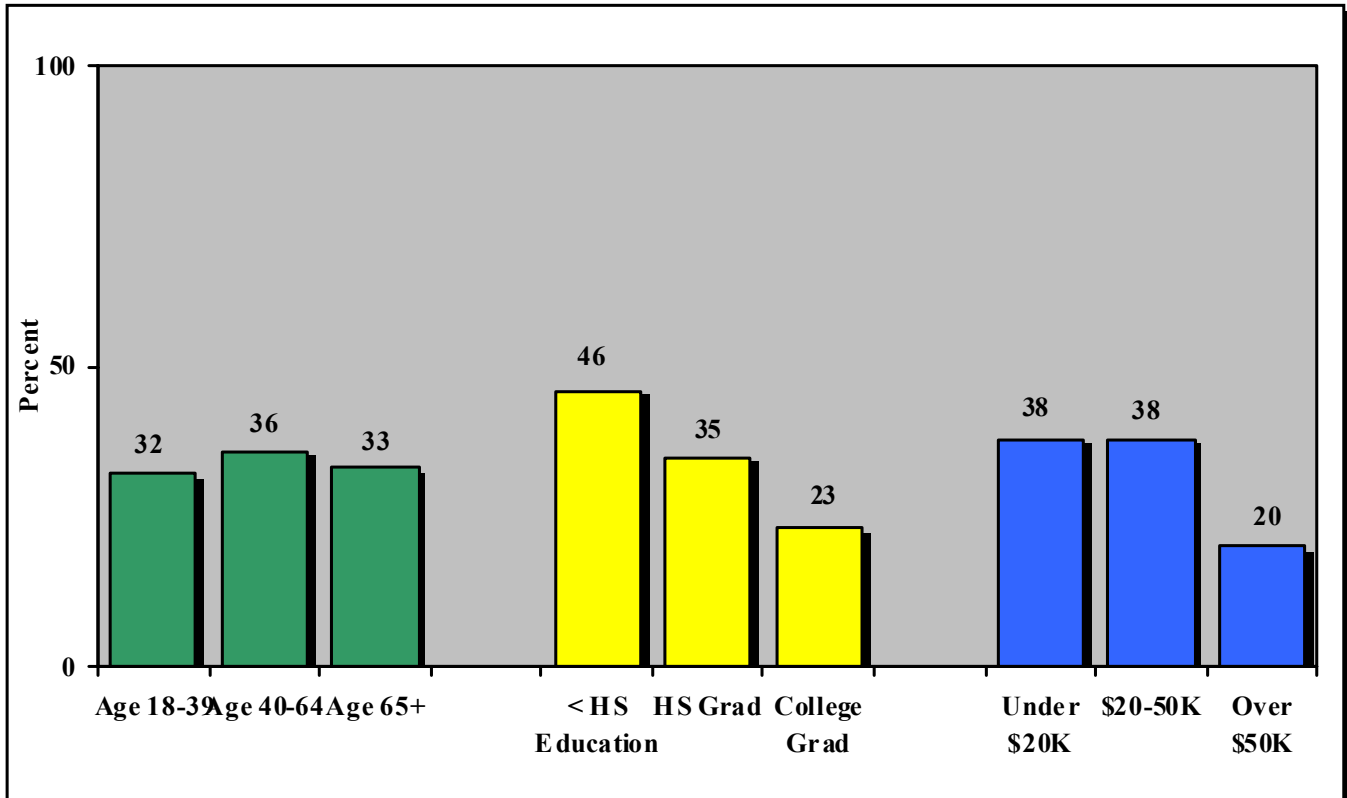
Women's Health and Risk Factors

Breast Cancer Screening and Knowledge

Breast cancer is the most frequently diagnosed cancer among Arkansas women, aside from skin cancer. According to the American Cancer Society, mammography is very valuable as an early detection tool, often identifying cancer before any physical symptoms develop. Early detection saves lives and increases treatment options.

Advertisements for mammogram tests

Question: In the past month, have you noticed any posters, billboards, commercials, or advertisements with a message about having a mammogram test?

- **Forty-one (41%)** of female respondents reported that **they had not** noticed posters, billboards, commercials, or advertisements for mammogram tests during the month preceding the survey.

Table 1: Reported sightings of advertisements for mammogram tests

|	**Yes**	**No**	**Don't know/Not Sure**
%	**56**	**41**	**4**
CI	(51.1-60.1)	(36.4-45.3)	(1.9-5.2)
n	568		

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: Reported sightings of advertisements for mammogram tests
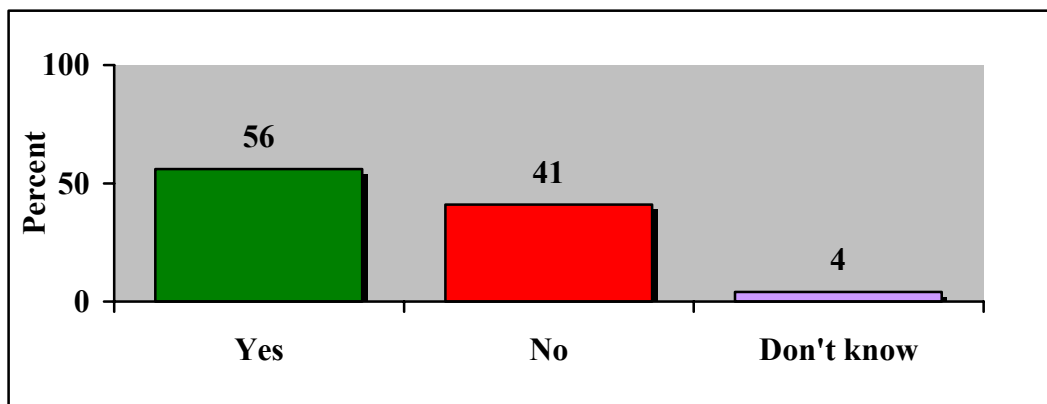
Breast Cancer Screening and Knowledge (continued)

Question: Are you aware that BreastCare, a program of the local health department, offers free breast exams and mammograms to women age 40 and older?

- **Sixty-five percent (61%)** of female respondents reported that **they did not know** the local health department offers free breast exams and mammograms to women age 40 and older.

Table 2: Reported knowledge of free breast exams

	Yes	No	Don't know/Not Sure
%	**39**	**60**	**1**
CI	(34.7-43.6)	(55.9-64.7)	(0.0-1.12)
n	568		

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 2: Reported knowledge of free breast exams
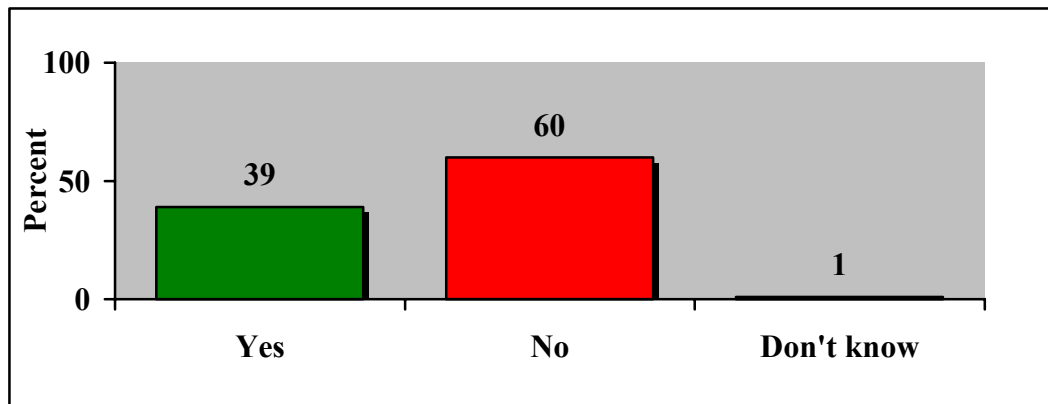
Breast Cancer Screening and Knowledge (continued)

Cost of mammogram test

Question: How difficult would it be for you to pay for the cost of a mammogram test? Would you say difficult, somewhat difficult, a little difficult, or not at all difficult?

Table 3: Reported ability to pay for a mammogram test

	Very difficult	Somewhat difficult	A little difficult	Not at all difficult	Don't know
%	**26**	**18**	**21**	**31**	**5**
CI	(19.9-31.6)	(12.9-22.4)	(15.9-26.1)	(24.9-36.9)	(2.2-7.2)
n	282				

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 3: Reported ability to pay for a mammogram test
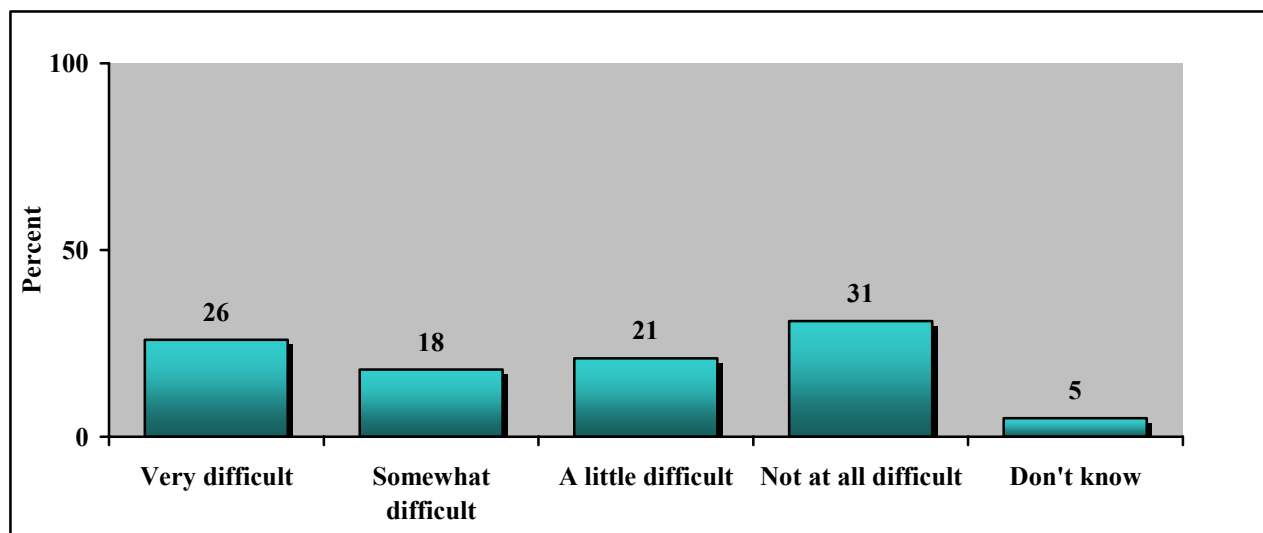
Breast Cancer Screening and Knowledge (continued)

A mammogram is an x-ray of each breast to look for breast cancer.

Risk Factor Definition: Women aged 40 years and older, no mammograms within the past two years

Question: Have you ever had a mammogram?
               How long has it been since your last mammogram?

At Risk: Women 40 years and older who haven't had a mammogram in the past two years are considered at risk.

Who is at risk in Boone County?

- **Twenty-eight percent (28%)** of women over age 40 years had not had a mammogram within those two years preceding the survey.

Table 4: Breast cancer screening within the past 2 years

	Breast cancer screening within the past 2 years	No breast cancer screening within the past 2 years
%	**72**	**28**
CI	(67.4-77.0)	(23.0-32.6)
n	405	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 4: Breast cancer screening within the past 2 years
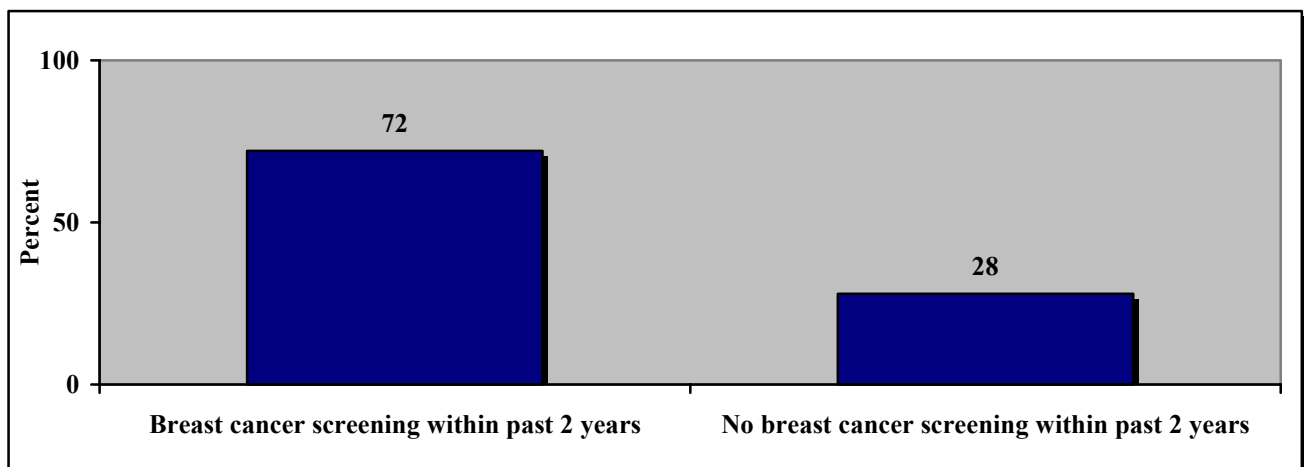
Breast Cancer Screening and Knowledge (continued)

Risk Factor Definition: Women aged 40 years and older, no mammograms within the past two years

Table 5: Breast cancer screening within the past 2 years, by race and gender

		Breast cancer screening within the past 2 years	No breast cancer screening within the past 2 years
Race			
White	**%**	**72**	**28**
	CI	(67.2-77.0)	(23.0-32.8)
	n	398	
Non-White	**%**	**100**	**-**
	CI	(100.0-100.0)	-
	n	5	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 5: Percentage of female respondents who reported they not been screened for breast cancer in the past two years preceding the survey, by race, and gender
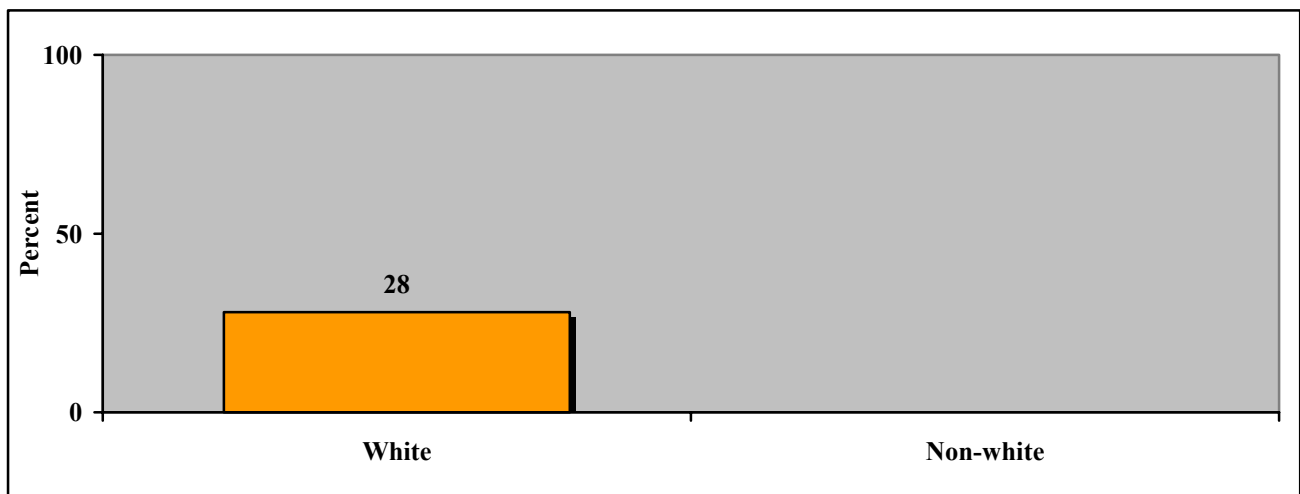
Breast Cancer Screening and Knowledge (continued)

<u>Table 6:</u> Breast cancer screening within the past 2 years, by age, education, and income

		Breast cancer screening within the past 2 years	No breast cancer screening within the past 2 years
Age			
40-64	**%**	**73**	**27**
	CI	(66.4-78.8)	(21.2-33.6)
	n	248	
65+	**%**	**72**	**28**
	CI	(63.9-79.3)	(20.7-36.1)
	n	157	
Education			
< High School Education	**%**	**61**	**39**
	CI	(46.3-75.6)	(24.4-53.7)
	n	53	
High School Graduate	**%**	**74**	**26**
	CI	(68.5-79.7)	(20.3-31.5)
	n	289	
College Graduate	**%**	**72**	**28**
	CI	(60.1-84.8)	(15.2-39.9)
	n	61	
Income			
<$20,000	**%**	**68**	**32**
	CI	(58.1-77.1)	(22.9-41.9)
	n	111	
$20,000-$50,000	**%**	**71**	**29**
	CI	(62.8-78.8)	(21.2-37.2)
	n	157	
>$50,000	**%**	**80**	**20**
	CI	(69.1-91.7)	(8.3-30.9)
	n	53	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Breast Cancer Screening and Knowledge (continued)

Risk Factor Definition: Women aged 40 years and older, no mammograms within the past two years

Figure 6: Percentage of female respondents who reported they not been screened for breast cancer in the past two years preceding the survey, by, age, education, and income
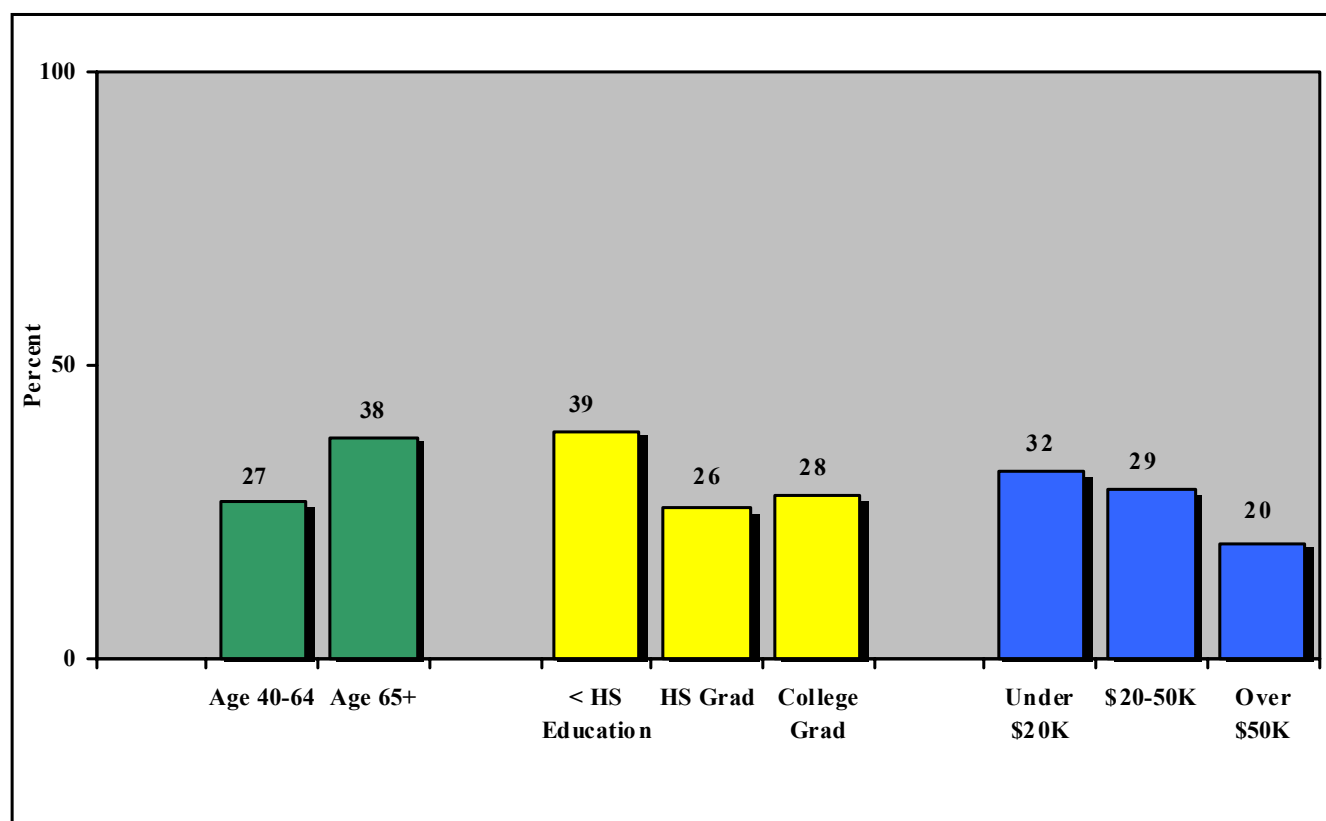
Other Women's Health Screening

Pap smear

Pap tests are used to detect cervical cancer in women. Early stages of cervical cancer often have no signs or symptoms. This makes it important for women to have regular Pap smear tests.

Risk Factor Definition: No Pap smear within the past three years

Question: Have you ever had a Pap smear?
              How long has it been since your last Pap smear?

At Risk: Women 18 or older with an intact uterus who have not had a Pap smear within the past
              three years are considered at risk.

Who is at risk in Boone County?

- **Twenty-five percent (25%)** of Boone County adult women reported that they had not had a Pap smear within the three years preceding the survey.

Table 7: Pap smear within the past three years

	Pap smear within the past 3 years	**No pap smear within the past 3 years**
%	**75**	**25**
CI	(71.1-79.1)	(20.9-28-9)
n	540	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 7: Pap smear within the past three years
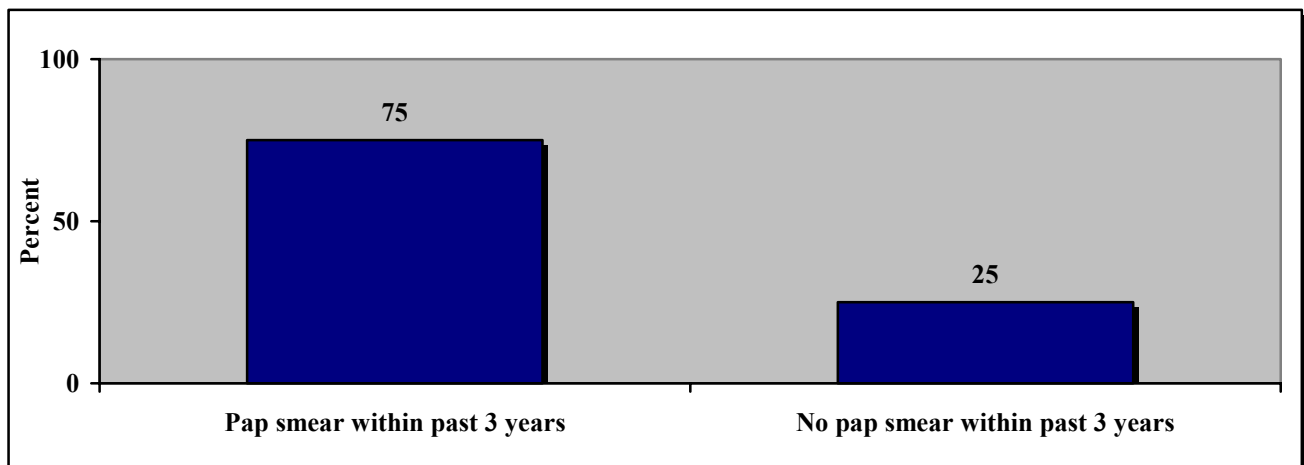
Other Women's Health Screening (continued)

Risk Factor Definition: No pap smear within the past three years

Table 8: Pap smear within the past three years, by race and gender

		Pap smear within the past 3 years	No pap smear within the past 3 years
Race			
White	**%**	75	25
	CI	(71.4-79.4)	(20.6-28.6)
	n	529	
Non-White	**%**	76	24
	CI	(44.4-100.0)	(0.0-55.6)
	n	8	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 8: Percentage of female respondents who reported they had not had a pap smear in the past three years, by race, and gender
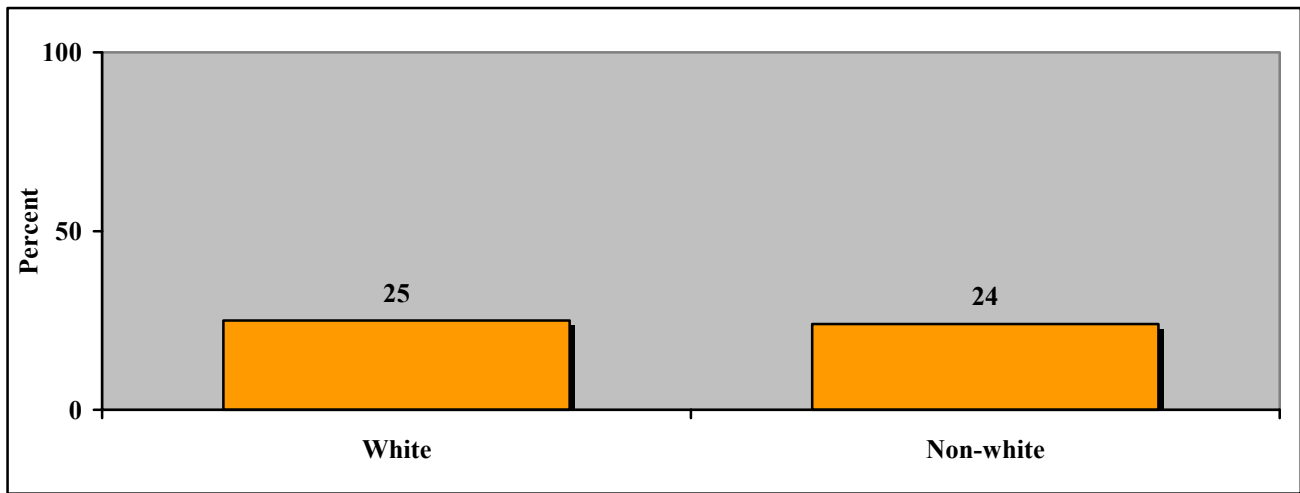
Other Women's Health Screening (continued)

Table 9: Pap smear in the past three years, by age, education, and income

		Pap smear within the past 3 years	No pap smear within the past 3 years
Age			
18-39	%	86	14
	CI	(79.5-92.6)	(7.4-20.5)
	n	151	
40-64	%	77	23
	CI	(71.3-82.9)	(17.1-28.7)
	n	239	
65+	%	54	46
	CI	(45.1-62.9)	(37.1-54.9)
	n	147	
Education			
< High School Education	%	55	45
	CI	(40.9-68.4)	(31.6-59.7)
	n	62	
High School Graduate	%	75	25
	CI	(70.9-80.1)	(19.9-29.1)
	n	384	
College Graduate	%	86	14
	CI	(76.3-94.7)	(5.2-23.7)
	n	93	
Income			
<$20,000	%	69	31
	CI	(60.6-76.7)	(23.3-39.4)
	n	146	
$20,000-$50,000	%	76	24
	CI	(70.3-82.4)	(17.6-29.7)
	n	225	
>$50,000	%	94	6
	CI	(88.0-99.3)	(0.7-12.0)
	n	75	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Other Women's Health Screening (continued)

Risk Factor Definition: No pap smear within the past three years
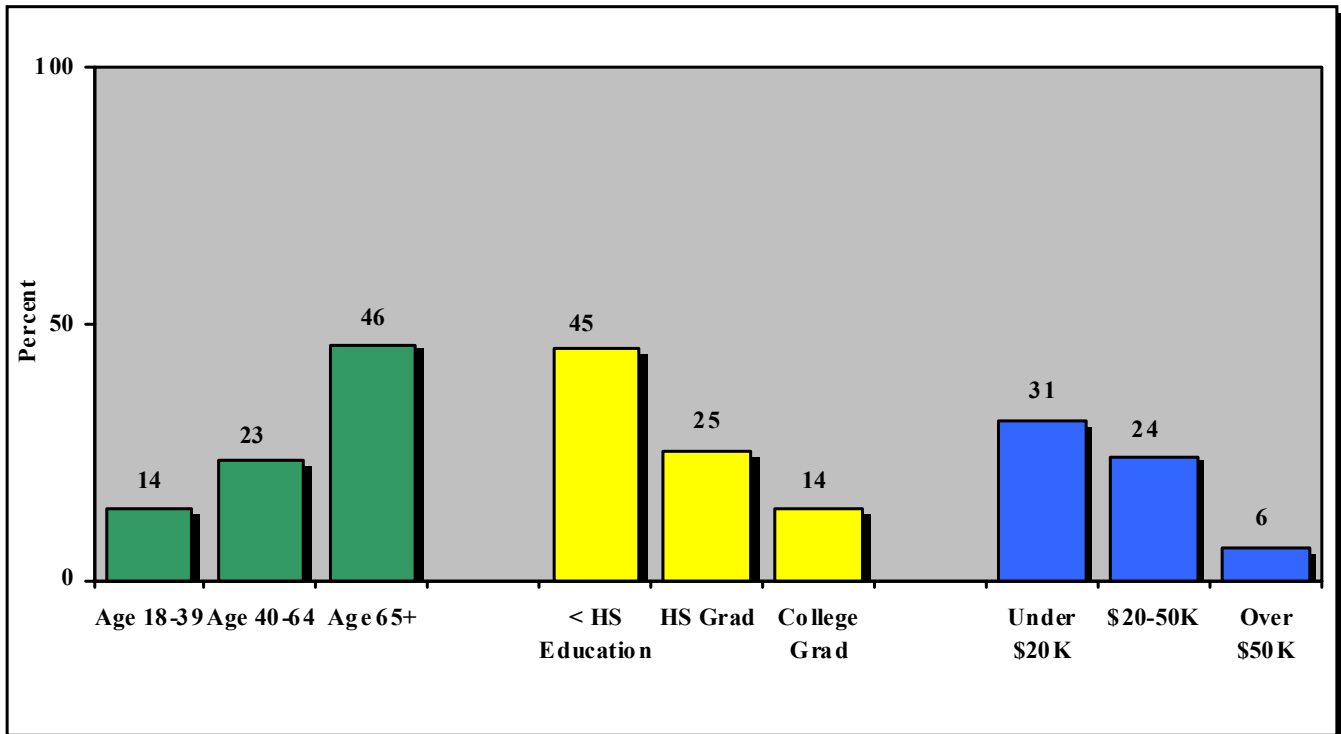
<u>Figure 9</u>: Percentage of female respondents who reported they had not had a pap smear in the past three years, by age, education, and income

Appendix

Boone County Adult Health Survey Questions

The following questions were administered as part of the Hometown Health County Adult Health Survey. The interviews were conducted by telephone. Interested parties can obtain a complete copy of the script used to conduct the interview from their local Hometown Health leaders.

Core 1: Health Status

1. Would you say that in general your health is excellent, very good, good, fair, or poor?

2. Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

3. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

4. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

Core 2: Healthcare Access

1. Do you have any kind of health care coverage, including health insurance, pre-paid plans such as HMO's, or government plans such as Medicare?

2. During the past 12 months, was there any time that you did not have any health insurance or coverage?

3. Do you have one person you think of as your personal doctor or health care provider?

Core 3: Exercise

1. During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics (cal i STEN iks), golf, gardening, or walking for exercise?

Core 4: Hypertension Awareness

1. Have you ever been told by a doctor that you have high blood pressure?

2. Are you currently taking medicine for your high blood pressure?

Core 5: Cholesterol Awareness

1. Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?

2. About how long has it been since you last had your blood cholesterol checked?

3. Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?

Core 6: Asthma

1. Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

2. Do you still have asthma?

Core 7: Diabetes

1. Have you ever been told by a doctor that you have diabetes?

Core 8: Arthritis

1. During the past 12 months, have you had pain, aching, stiffness or swelling in or around a joint?

2. Were these symptoms present on most days for at least one month?

3. Are you now limited in any way in any activities because of joint symptoms?

4. Have you ever seen a doctor, nurse or other health professional for these joint symptoms?

5. Have you ever been told by a doctor that you have arthritis?

6. Are you currently being treated by a doctor for arthritis?

Core 9: Immunization

1. During the past 12 months, have you had a flu shot?

2. Have you ever had a pneumonia shot? This shot is given only once or twice in a person's lifetime and is different from the flu shot. It is also called the pneumococcal (new mo COCK kle) vaccine.

Core 10: Tobacco Use

1. Have you smoked at least 100 cigarettes in your entire life?

2. Do you now smoke cigarettes every day, some days, or not at all?

3. During the past 12 months have you stopped smoking for one day or longer because you were trying to quit smoking?

Core 11: Alcohol Use

1. During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?

2. One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?

3. Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on an occasion?

Core 13: Demographics

1. What is your age?

2. Are you Hispanic or Latino?

3. Which one or more of the following would you say is your race?

4. Which one of these groups would you say best represents your race?

5. Marital status?

6. How many children less than 18 years of age live in your household?

7. What is the highest grade or year of school you completed?

8. Are you currently?

9. Is your annual household income from all sources?

10. About how much do you weigh without shoes?

11. About how tall are you without shoes?

12. What is your ZIP Code?

13. Do you have more than one telephone number in your household? Do not include cell phones or numbers that are only used by a computer or fax machine.
14. How many of these are residential numbers?

15. How many adult members of your household currently use a cell phone for any purpose?

16. Not counting interruptions in service because of the weather, has your regular home telephone service been disconnected in the last 12 months?

17. In the past 12 months, about how many months in total were you without a working home telephone? (Do not count cell phones)

18. And I need to verify that you are (male/female).

19. The next question relates to military service. Have you ever served on active duty in the United States Armed Forces, either in the regular military or in a National Guard or military reserve unit?

Arkansas CAHS Module 1: Women's Health

1. The next questions concern women's health. What types of things can women do to help in the early detection of breast cancer?

2. Is there anything else women can do to help in the early detection of breast cancer?

3. A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?

4. What is the most important reason why you haven't had a mammogram?

5. Are there any other reasons why you haven't had a mammogram?

6. How long has it been since you had your last mammogram?

7. What is the most important reason why you haven't had a mammogram in the past two years?

8. Are there any other reasons why you haven't had a mammogram in the past two years?

9. Was your last mammogram done as part of a routine checkup, because of a breast problem other than cancer, or because you've already had breast cancer?

10. In the past month, have you noticed any posters, billboards, commercials, or advertisements with a message about having a mammogram test?

11. Are you aware that "BreastCare" is a program of the local health department, offers free breast exams and mammograms to women age 40 and older?

12. How often do you believe women your age should get a mammogram?

13. Did a doctor suggest that you have your most recent mammogram?

14. Have you ever had breast cancer?

15. Do you think your risk of getting breast cancer is high, medium, low, or none?

16. If you wanted to have a mammogram, would you have to pay for all, part, or none of the cost?

17. How difficult would it be for you to pay for the cost of the mammogram test? Would you say very difficult, somewhat difficult, a little difficult, or not at all difficult?

18. A clinical breast exam is when a doctor, nurse, or other health professional feels the breast for lumps. Have you ever had a clinical breast exam?

19. How long has it been since your last breast exam?

20. Was your last breast exam done as part of a routine checkup, because of a breast problem other than cancer, or because you have already had breast cancer?

21. A Pap smear is a test for cancer of the cervix. Have you ever had a Pap smear?

22. How long has it been since you had your last Pap smear?

23. Was your last Pap smear done as part of a routine exam, or to check a current or previous problem?

24. Have you had a hysterectomy?

Core 14: Disability & Quality of Life

1. Are you limited in any way in any activities because of physical, mental, or emotional problems?

2. Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?

3. How often do you get the social and emotional support you need?

4. In general, how satisfied are you with your life?

Core 15: Physical Activity

1. When you are at work, which of the following best describes what you do? Would you say:

2. Now, thinking about the moderate physical activities you do when you are not working, in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate?

3. How many days per week do you do these moderate activities for at least 10 minutes at a time?

4. On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

5. Now thinking about the vigorous physical activities you do when you are not working, in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?

6. How many days per week do you do these vigorous activities for at least 10 minutes at a time?

7. On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

Core 16: Prostate Cancer Screening

1. A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. Have you ever had a PSA test?

2. How long has it been since you had your last PSA test?

3. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. Have you ever had a digital rectal exam?

4. How long has it been since your last digital rectal exam?

5. Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?

6. Has your father, brother, son, or grandfather ever been told by a doctor, nurse, or health professional that he had prostate cancer?

Core 17: Colorectal Cancer Screening

1. A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Have you ever had this test using a home kit?

2. How long has it been since you had your last blood stool test using a home kit?

3. Sigmoidoscopy (sig-moyd-OS-kopee) or colonoscopy (kolon-OS-kopee) are exams in which a tube is inserted in the rectum to view the bowel for signs of cancer and other health problems. Have you ever had either of these exams?

4. How long has it been since you had your last sigmoidoscopy or colonoscopy?

Core 18: HIV/AIDS

1. Have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation.

2. Not including blood donations, in what month and year was your last HIV test?

3. Where did you have your last HIV test, at a private doctor or HMO office, at a counseling and testing site, at a hospital, at a clinic, in a jail or prison, at home, or somewhere else?

4. I am going to read you a list. When I am done, please tell me if any of the situations apply to you. You do not need to tell me which one.

ARKANSAS CAHS Module 2: Oral Health

1. How long has it been since you last visited a dentist or a dental clinic for any reason?

2. How many of your permanent teeth have been removed because of tooth decay or gum disease? Do not include teeth lost for other reasons, such as injury or orthodontics.

3. How long has it been since you had your teeth "cleaned" by a dentist or dental hygienist?

ARKANSAS CAHS Module 3: Cardiovascular Disease Prevalence

1. Has a doctor ever told you that you had a heart attack, also called a myocardial infraction?

2. Has a doctor ever told you that you had angina or coronary heart disease?

3. Has a doctor ever told you that you had a stroke?

ARKANSAS CAHS Module 4: Fruits and Vegetables

1. How often do you drink fruit juices such as orange, grapefruit, or tomato?

2. Not counting juice, how often do you eat fruit?

3. How often do you eat green salad?

4. How often do you eat potatoes not including French fries, fried potatoes, or potato chips?

5. How often do you eat carrots?

6. Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat?

ARKANSAS CAHS Module 5: Tobacco Indicators

1. How old were you the first time you smoked a cigarette, even one or two puffs?

2. How old were you when you first started smoking cigarettes regularly?

3. About how long has it been since you last smoked cigarettes regularly?

4. In the past 12 months, have you seen a doctor, nurse, or other health professional to get any kind of care for yourself?

5. In the past 12 months, has a doctor, nurse, or other health professional advised you to quit smoking?

6. Which statement best describes the rules about smoking inside your home?

7. Have you ever been told by a doctor or other health care professional that you have chronic bronchitis?

8. Have you ever been told by a doctor or other health care professional that you have emphysema?

9. Have you ever been told by a doctor or other health care professional that you have Chronic Obstructive Pulmonary Disease (COPD)?

10. Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?

11. Do you currently use chewing tobacco or snuff every day, some days, or not at all?

12. Have you ever smoked a cigar, even one or two puffs?

13. Do you now smoke cigars every day, some days, or not at all?

14. Have you ever smoked tobacco in a pipe, even one or two puffs?

15. Do you now smoke a pipe every day, some days, or not at all?

16. A bidi (BEE-dee) is a flavored cigarette from India. Have you ever smoked a bidi, even one or two puffs?

17. Do you now smoke bidis (BEE-dees) every day, some days, or not at all?